

Name: _____ Date: _____

DIRECTIONS: Use the following list to help identify your strengths and weaknesses, or areas you feel you need to improve to be an effective learner. **Write S = strength, N = needs improvement**

Learning

- ___ I am able to identify my own abilities, talents, and interests.
- ___ I can create short-term goals to complete class work and to explore personal interests.
- ___ I can use study, organizational and problem-solving skills in for my classes and personal experiences.
- ___ I am comfortable asking others for help with school and internship problems.
- ___ I can manage time, tasks, and resources for class and internship work.
- ___ I can assess how I am doing in school and in my personal life.
- ___ I am willing to reassess my goals and redirect them if needed.

Relating

- ___ I understand and can identify my own feelings.
- ___ I understand and can identify other people's feelings.
- ___ I am willing to participate, share, cooperate and contribute to group activities.
- ___ I can take a leadership role by following rules and contributing ideas.
- ___ I allow myself to express personal feelings of caring, respect, and support for others.
- ___ I communicate with others with clarity and purpose.
- ___ I present myself as being genuine, honest, and trustworthy.

Self-Awareness

- ___ I am learning to think independently.
- ___ I am beginning to reflect and share on observations, thoughts and feelings.
- ___ I maintain attention and focus to accomplish class and personal goals.
- ___ I handle risk and challenge with courage.
- ___ I am willing to seek help and guidance from others.
- ___ I accept critiques with maturity and am willing to reassess my work based on this information.
- ___ I am learning how to assess my person, process and performance.

Technology

- ___ I am able to use technology to support my coursework.
- ___ I am able to use a word processor to write reports and papers.
- ___ I am able to create multimedia for presentations.
- ___ I am able to use an electronic spreadsheet for times where I need to work with data.
- ___ I am able to use digital cameras or camcorders effectively.
- ___ I am able to use email to keep in touch with my teachers.
- ___ I am able to submit assignments online when I have to.