

# Academic Skills Self-Appraisal

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**Step 1:**

Read each statement on the next page and check the box that best describes your typical behavior.

**Step 2:**

Review the appraisal according to the following sections to determine your academic skill areas of strength or areas that need improvement.

Affective skills	Statements 1-15
Academic skills	Statements 16-30

**Step 3:**

Discuss your results with a partner and your teacher. Talk about your areas of strength and how they can help you on the job. Talk about the areas you can improve and why. Then, work with your instructor to develop a plan to strengthen those areas you need for success. One part of your plan will be to learn more about how to apply specific strategies to improve your academic achievement.

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<b>Read the statements below and check the boxes that are most like you.</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
1. I have few conflicts with other students.				
2. I communicate problems with teachers and work to solve them.				
3. I am a risk taker.				
4. I work to change the things I am dissatisfied with.				
5. I take responsibility for my problems.				
6. I work well in groups.				
7. I have a lot in common with my friends.				
8. I see more than one solution when faced with a problem.				
9. I do not blame others for my problems.				
10. I like to be a positive role model.				
11. I do not get in trouble when I socialize with my friends.				
12. I enjoy being in school.				
13. I listen and follow directions carefully.				
14. The quality of my work is important to me.				
15. I try to maintain a positive attitude about my work.				
16. I have a favorite subject in school.				
17. I manage my time well.				
18. I find it easy to memorize information.				
19. I feel pride in my work.				
20. I stay focused easily when I read or listen.				
21. I arrive to class on time.				
22. I work to get good grades.				
23. I have goals I want to achieve.				
24. I keep trying even when I encounter a difficult problem.				
25. I like to be creative with my work.				
26. I know that if I am successful in school, I will be successful in the future.				
27. I ask for help when I need it.				
28. I enjoy learning new things.				
29. I study for tests.				
30. I understand what is expected of me.				

Describe a skill or activity that you do well (examples: playing an instrument, assembling a model, or skating).

What actions did you take to become good at \_\_\_\_\_ ?

What thoughts did you have that helped you become good at \_\_\_\_\_ ?

What help did you receive that helped you become good at \_\_\_\_\_ ?

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