

College and Career Readiness

* Required

1. I am curious; which means seeking information to fill knowledge gaps, and welcoming new experiences. *

Mark only one oval.

Not Very Like Me

1

2

3

4

5

Very Like Me

2. I take initiative; which means taking action with out being told. *

Mark only one oval.

Not Very Like Me

1

2

3

4

5

Very Like Me

3. I have integrity; which means behaving according to principles you believe in such as trust, honesty, respect, or justice. *

Mark only one oval.

Not Very Like Me

1

2

3

4

5

Very Like Me

4. I demonstrate perseverance; which means continuing to work on challenging tasks and goals over time, even when it's tough. *

Mark only one oval.

Not Very Like Me

1

2

3

4

5

Very Like Me

5. I have self awareness; which means reflecting on experiences to understand your strengths, interests, and challenges and then using that knowledge about yourself. *

Mark only one oval.

Not Very Like Me

Very Like Me

6. I practice self-care; which means understanding things that impact health and taking action to stay physically and mentally healthy.

*

Mark only one oval.

Not Very Like Me

1

2

3

4

5

Very Like Me

- 7. I have self efficacy; which means believing in your ability to accomplish challenging * tasks and that your ability can grow with effort.

Mark only one oval. _____

Not Very Like Me

1

2

3

4

5

Very Like Me

8. I have self regulation skills; which means making a plan, monitoring that plan, making changes to stay on track, and reflecting on what worked. *

Mark only one oval.

Not Very Like Me

1

2

3

4

5

Very Like Me

9. I have sustained attention; which means managing distractions in order to focus on the information you need to complete a task. *

Mark only one oval.

Not Very Like Me

1

2

3

4

5

Very Like Me

10. I understand goal setting, which means focusing on your own improvement by identifying goals that are important to you and based on data or input.

*

Mark only one oval.

Not Very Like Me

1

2

3

4

5

Very Like Me

11. I can be adaptable; which means changing your thoughts or behaviors to respond *
to new information or changing circumstances.

Mark only one oval.

Not Very Like Me

1

2

3

4

5

Very Like Me

12. I can be assertive; which means even when it's difficult, expressing your wants, needs, and thoughts while respecting others. *

Mark only one oval.

Not Very Like Me

1

2

3

4

5

Very Like me

13. I know conflict management; which means knowing how you usually respond to conflict, the reasons behind specific conflicts, and taking steps to resolve conflict. *

Mark only one oval.

Not Very Like Me

1

2

3

4

5

Very Like Me

14. I have effective communication; which means sharing your thoughts through speaking, writing, and gestures and understanding others when they share.

*

Mark only one oval.

Not Very Like Me

1

2

3

4

5

Very Like Me

15. I have empathy; which means trying to understand others, and then showing your understanding. *

Mark only one oval.

Not Very Like Me

1

2

3

4

5

Very Like Me

16. I know how to network; which means getting to know people and making connections, using connections you make when you need help, and supporting others when they need help from you. *

Mark only one oval.

Not Very Like Me

1

2

3

4

5

Very Like Me

17. I have social awareness; which means trying to understand social rules for various * situations, and then using that knowledge.

Mark only one oval.

Not Very Like Me

1

2

3

4

5

Very Like Me

18. I know how to work with a team; which means working with others by sharing ideas, respecting fellow teammates, and doing your fair share of work to accomplish a common goal. *

Mark only one oval.

Not Very Like Me

1

2

3

4

5

Very Like Me

This content is neither created nor endorsed by Google.

Google Forms

