

Your Self Awareness

How often do you feel like this about yourself?

	NEVER	NOT VERY OFTEN	MORE OFTEN THAN NOT	ALMOST ALWAYS
That you can and will ask for help when you need it?	1	2	3	4
That you can accept responsibility for your own actions without trying to deny that you've done it or trying to blame someone else?	1	2	3	4
That you are prepared to take risks even if you know there is a possibility that you might fail?	1	2	3	4
That you are willing to accept that you may have problems with certain things, and that you are prepared to discuss these problems with someone else?	1	2	3	4
TOTAL			/16	

Your Literacy Skills

How well are you able to do the following:

	NEVER	NOT VERY OFTEN	MORE OFTEN THAN NOT	ALMOST ALWAYS
Read information well enough to be able to read and understand instructions for a lesson?	1	2	3	4
Spend time working out instructions before asking for help?	1	2	3	4
Realise the importance of developing your reading skills, even if you don't like reading?	1	2	3	4
Accept extra help / teaching on your basic spelling, if you need to?	1	2	3	4
Realise that you will need to practice spellings if your skills are weak?	1	2	3	4
Write clearly and fluently and are willing to practice this if your skills are weak?	1	2	3	4
Show that you understand the basic rules of spelling?	1	2	3	4
Realise the importance of good dictionary skills and are willing to be trained in using a dictionary well?	1	2	3	4
TOTAL	/32			

Your Attitude

How well and how often can you:

	NEVER	NOT VERY OFTEN	MORE OFTEN THAN NOT	ALMOST ALWAYS
Be prepared to work in lessons ie. get on with what you've been asked to do?	1	2	3	4
Use appropriate language and gestures?	1	2	3	4
Show a positive attitude towards re-integration into mainstream school?	1	2	3	4
Feel supported by your parents / carers?	1	2	3	4
Want to change your behaviour for yourself?	1	2	3	4
Be polite and show a positive attitude towards staff?	1	2	3	4
Show a positive interest in lessons?	1	2	3	4
Treat school property with respect and care?	1	2	3	4
Show a positive sense of humour?	1	2	3	4
Stay within the school bounds during the school day ie. not leave the site to go to the shops?	1	2	3	4
TOTAL				
/40				

Controlling Your Own Behaviour

How well and how often can you:

	NEVER	NOT VERY OFTEN	MORE OFTEN THAN NOT	ALMOST ALWAYS
Accept discipline without arguing or sulking?	1	2	3	4
Behave well during breaks / lunchtime / free time?	1	2	3	4
Get to lessons and settle quietly and appropriately?	1	2	3	4
Stay in the classroom unless you are allowed to leave (ie. Not walk out)?	1	2	3	4
Deal with changes of plans or disappointment ie. don't lose your temper / sulk?	1	2	3	4
Not follow other student's poor behaviour when changing lessons ie. show some self-discipline?	1	2	3	4
Don't shout out / seek attention - and when reminded about voice levels, don't back-chat?	1	2	3	4
Handle trips out of school and behave appropriately?	1	2	3	4
Avoid trouble and conflict at break-times?	1	2	3	4
Behave appropriately in the kitchen at lunchtimes?	1	2	3	4
TOTAL	/40			

Your Self Confidence

How often do you feel like this about yourself?

	NEVER	NOT VERY OFTEN	MORE OFTEN THAN NOT	ALMOST ALWAYS
Happy with the person you are?	1	2	3	4
That you are worthwhile and valued member of your community?	1	2	3	4
That you like the way you look ie: your physical appearance?	1	2	3	4
That you can look after your personal needs well ie: washing, dressing well etc.?	1	2	3	4
TOTAL			/16	

Your Organisational Skills

How well and how often can you:

	NEVER	NOT VERY OFTEN	MORE OFTEN THAN NOT	ALMOST ALWAYS
Work on your own without needing constant attention and help from the teacher?	1	2	3	4
Listen to explanations and instructions and try to do what you've been asked / advised to do?	1	2	3	4
Get yourself to school at the right time?	1	2	3	4
Follow the timetable in school?	1	2	3	4
Understand the teacher's role in school?	1	2	3	4
Understand where you are supposed to be for different lessons?	1	2	3	4
Understand the Rules and Boundaries in school ie. accept what consequences there will be for not following rules and boundaries?	1	2	3	4
Can use your time well in the lesson ie. get on with the next piece of work when you've finished the first, or ask for more work etc.?	1	2	3	4
Can deal with a variety of different situations and people ie. within school and out on trips and activities?	1	2	3	4
Organise yourself and your belongings?	1	2	3	4
Organise yourself if there is no-one there to help you?	1	2	3	4
Organise your time ie. getting to lessons on time, seeing staff at appropriate times?	1	2	3	4
Attend school regularly?	1	2	3	4
TOTAL	/52			

Your Learning Skills

How often can you show the following:

ALMOST ALWAYS	MORE OFTEN THAN NOT	NOT VERY OFTEN	NEVER	
4	3	2	1	Reasonable Numeracy and Literacy skills and the willingness to improve?
4	3	2	1	That you feel able to cope with Reading and Numeracy back in a mainstream school?
4	3	2	1	That you have the skills to allow you to use reference materials ie. the internet, dictionaries, reference books etc.?
4	3	2	1	That you are able to ask teachers or others for help when you cannot complete a task?
4	3	2	1	That you are able to stay sitting in your seat ie. not wander around the room?
4	3	2	1	That you can cope with and would benefit from lessons in a mainstream school?
4	3	2	1	That you can be patient whilst waiting for help?
4	3	2	1	That you will have a try at a task on your own before asking for help?
4	3	2	1	That you care about the work that you are doing?
4	3	2	1	That you are paying attention to instructions and class discussions eg. making your own contributions?
TOTAL				/44

Your Behaviour Towards Others

How well and how often can you:

	NEVER	NOT VERY OFTEN	MORE OFTEN THAN NOT	ALMOST ALWAYS
Behave appropriately in the classroom?	1	2	3	4
Understand and accept that the teacher's time needs to be shared between the students?	1	2	3	4
Ask a question and <i>wait</i> for the answer and <i>take turns</i> at answering questions?	1	2	3	4
Communicate well by; talking, asking questions, listening?	1	2	3	4
Work in a TEAM?	1	2	3	4
Talk politely to others - without any rudeness?	1	2	3	4
Work in a group situation?	1	2	3	4
Behave in a positive way towards others during free / break - times?	1	2	3	4
Mess around with others without getting 'wound up' and abusive?	1	2	3	4
Handle large numbers of people ie. when you're out in public?	1	2	3	4
TOTAL	/40			