

Student Self Assessment

	Never	Rarely	Often	Always
<i>Listening and Note-taking Skills</i>				
1. Do you understand lectures and oral questions?				
2. Are you able to concentrate in class?				
3. Do you rewrite or review your notes as soon as possible after class?				
4. Do you date and keep all your notes and handouts for a class in one notebook?				
<i>Speaking Skills</i>				
1. Do you ask questions in class?				
2. Do you feel comfortable participating in class discussions and answering questions?				
3. Do you find it easy to explain things that you understand to others?				
4. Do you feel comfortable going up to the teacher either before or after class?				
5. Do you talk with your instructors during office hours?				
<i>Study Skills and Habits</i>				
1. Do you have time to complete all of your class assignments?				
2. Do you study in the same place or places?				
3. Are you able to concentrate when studying or doing your homework?				
4. Do you refer to the class syllabus throughout the semester?				
5. If absent, do you find out from the instructor or other students what you missed?				
6. Do you know how to prepare for tests?				
7. When taking a test, do you remember what you studied?				
8. Do you feel confident before taking a test?				

Source: Adapted from: Jara, Helene. *Counseling and Guidance-Student Reader*. Cabrillo College. 2004

	Never	Rarely	Often	Always
Writing Skills				
1. Is it easy for you to start writing an essay or composition?				
2. Do you prepare and use an outline when writing a paper?				
3. Are you able to apply grammar and punctuation rules in your writing?				
4. Do you use a Thesaurus?				
5. Is doing research for a term paper easy for you?				
6. Are essay-type questions easy for you to answer?				
Reading Skills				
1. Do you read and understand your textbooks easily?				
2. Are you able to remember what you read?				
3. Can you identify important facts and ideas in your textbooks?				
4. Are you able to keep up with your reading assignments?				
5. Are you able to understand the meaning of new words when you read?				
6. Do you use a dictionary?				
7. Is following written instructions easy for you?				
8. Is understanding word problems easy for you?				
Problem-Solving Skills				
1. Do you enjoy working with numbers?				
2. Do you quickly understand new mathematical concepts?				
3. Do you get the correct answer the first time you work a problem?				
4. Do you check your work?				
5. Do you make minor or careless arithmetical errors?				
6. Do you complete all problems in an assignment?				
7. Do you complete all problems on a test?				
8. Do you enjoy word problems.				

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General Questions:

1. What subjects are usually easy for you?

2. What subject is usually troublesome?

3. Which subjects do you like best?

4. Which subjects do you like least?

5. Please rate the following types of test questions from “1” (most easy) to “6” (most difficult).
___ True-False ___ Multiple Choice ___ Word Problems ___ Matching ___ Essay

6. How would you describe your overall performance as a student?
___ Poor ___ Below Average ___ Average ___ Above Average ___ Very Good ___ Excellent

7. Are you satisfied with your overall performance? (Does your p^{Exercise 3.1} your capacity to learn?)

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