

## ASSESSMENT OF MY PERFORMANCE LAST TERM

**Assessing** both your performance and progress is a powerful motivator and a key to

- having a “want to” rather than “have to” approach
- taking responsibility for what you do
- being able to adapt to new situations
- being effective in achieving your goals – what you want from life

Regularly **reflect on** the way you do things: end of each month and each Term

- include observations and possible improvements in your monthly reflections.

Be totally accountable to **yourself**: own your learning.

**Complete the following checklist and assess yourself.**

- honestly rate yourself now on each of the following using **A** – always **B** – usually **C** – sometimes **D** – not at all
- set a rating to achieve confidently by the end of the year
- summarise your performance for each section and suggest strategies to improve yourself – the HOW

	Current rating	Target rating
<b>At School</b>		
Focused in class? Ignore distractions?		
Complete all set work? On time?		
Quality of completed work? Close enough or my best?		
Ask questions to better understand in class? Often?		
See teachers out of classtime for more help? Often?		
Use of Private Study Periods? Set something to achieve in that time?		
In control of my thinking, my attitude and my behaviour?		
Involved in school life? Clubs, sports teams, student bodies?		
Researching assignments? Well planned? Set timelines?		
Respect the learning of others in my classroom?		
<b>At Home</b>		
Have listed all the after-school activities I was involved in? Thoroughly?		
Prioritised my after-school activities into "Musts" and "Options"? Enough thought?		
Designed my own Study Timetable?		
Copy for my parents? On fridge?		
Discussed prioritising and Study Timetable with parents? In depth?		
Set up study area? Away from distractions?		
Followed Study Timetable? Parents supported me?		
Designed revision program for tests and exams? Thorough and regular?		
Discussed school work, asked for help from family? Often? Valued their advice?		
Under pressure to complete homework? Often?		
Rewarded myself for achieving goals or targets?		
<b>Me:</b>		
Were my leisure activities quality time? Really enjoyable?		
Too much TV, videos, playstations, chatrooms, surfing the Net?		
Enough exercise to be fit? Often enough?		
Well balanced diet? Not much junk food?		
Good group of friends? Quality time together?		
Part-time job enjoyable? Many hours?		
Enough time in my life to do what I wanted to and had to?		
Wasted time often?		
Were my main time wasters avoidable?		
Were there other things I wanted to do? Many?		
Was I happy and in control of my life? Most of the time?		
Set aside time just for relaxation? Often?		

*“Tomorrow becomes yesterday too quickly.” Anon.*