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| Self-Evaluation for **Self-Management** ATL (Approaches to Learning) Trying Something New Project. Fill this out based on your performance for all three classes Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  -please list specific reasons for why you gave your self that designation.   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Organization**   * Meet deadlines * Set goals that are challenging and realistic * Bring necessary equipment and supplies to class   -Keep an organized and logical system of information or documentation | **Novice (I used these skills rarely)** | **Learner (I used these skills when reminded or asked)** | **Practitioner (I used these skills effectively without being asked, with maybe one same exception)** | **Expert (I self assess my usage of these skills and show /remind others to do so also. I never have to be reminded, but do these skills on my own.** | | **Mindfulness**   * Practice focus and concentration * Practice strategies to overcome distractions |  |  |  |  | | **Perseverance**   * Demonstrate persistence and perseverance   (When things go wrong, I work on it instead of giving up) |  |  |  |  | | **Self Motivation**   * Practice analyzing and attributing causes for failure * Practice positive thinking |  |  |  |  | | **Reflection**  *Did I fill out all of my reflection in:*  -full sentences  -as a paragraph  -details with examples  -with honesty and thoughtfulness  -Answered all questions |  |  |  |  | | |
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