|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |  |

 |
|  |  |
|  |
|  |
|  |