

“Skills for School and Beyond”

Name:		
Grade:	Class:	Date:

1. I recognize that there are a variety of learning styles and can practice my primary learning style to master new content.

☐ Disagree ☐ Unsure ☐ Agree ☐ Strongly Agree

2. I can identify time management strategies and barriers to effective time management.

☐ Disagree ☐ Unsure ☐ Agree ☐ Strongly Agree

3. I recognize that active learning is more effective than passive learning.

☐ Disagree ☐ Unsure ☐ Agree ☐ Strongly Agree

4. I recognize that reports and oral presentations are often required at work and at school.

☐ Disagree ☐ Unsure ☐ Agree ☐ Strongly Agree

5. I recognize the importance of preparing for tests and practice techniques for effective test taking.

☐ Disagree ☐ Unsure ☐ Agree ☐ Strongly Agree

6. I recognize that understanding the symptoms of stress can help us reduce stress.

☐ Disagree ☐ Unsure ☐ Agree ☐ Strongly Agree