



# Self Assessment

## i. Self Awareness

**Instructions:** Provide relevant answer for each statement

1. I am afraid of telling my parents about my mistakes as it would make them angry. How would I tell them that I've lost my new wrist watch/ iPod?

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2. What will my family say / do when I make the following statements? Which statements would have a negative response and which would have a positive one?

a) Oh mama! I don't want to have dinner with aunty, she is very boring!

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b) Dad, I will sit with grandpa today, while you finish your work.

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3. There is a classmate in my class whom I dislike very much. We aren't exactly good friends. If the classmate comes and slaps me and verbally abuses me, what will I do in the first five seconds?

a) Slap that boy/girl back and abuse

b) Breathe and try to relax myself

c) Talk it out at the earliest without postponing it

4. Am I proud of my country, and of being an Indian? Am I aware of our rich cultural heritage more than any foreign culture?

a) Yes to both

b) No to both

c) Yes, No

d) No, Yes

5. Am I aware about the physical changes happening in my body? Am I

a) very insecure and anxious

b) informed about them and less uncomfortable

c) well informed and comfortable





7. I have a friend, Ravi, who has started smoking because of some friends in his colony. He recently asked me to try smoking and even after I refused and I don't want to, he continues to insist. What should I do?
- a) Be firm and tell him I don't want to smoke
  - b) Finally give in and try it
  - c) Try to convince him to leave it as well
8. My parents and teachers have a lot of expectations from me in terms of academics, co-curricular activities and being a role model in the future. Do I always agree with them and try to rise to their expectations without expressing how I really feel/what I want to do?
- a) Yes
  - b) No
9. If my parents don't buy me something that I really want, I become rude and ungrateful instead of understanding their reasons.
- a) Yes
  - b) No
10. If I see a differently abled person, would I try to offer help or go on with what I am doing?
- a) Yes
  - b) No
  - c) Maybe
11. I know about first aid and can help an injured person.
- a) Yes
  - b) No
  - c) Maybe
12. I know what I want to pursue as a career or have given a thought to it.
- a) Yes
  - b) No
  - c) Maybe
13. I read a newspaper daily/watch the news telecast to be a better aware and informed teenager.
- a) Yes
  - b) No

This is a self assessment scale, meant to be used only as an indicator. It can be administered to your self or to a peer to establish areas for further enhancement.

**Note:** This scale will help you reflect and introspect so that you can work on enhancing your skill of Self Awareness.





# Self Assessment

## ii. Critical Thinking

**Instructions:** Check the category on the right that confirms to the frequency with which you carry out the following acts:

Self Assessment	Never	Rarely	Sometimes	Often	Always
I understand the importance of having a schedule and I follow a regular timetable.					
I learn from my mistakes and try not to repeat them.					
I help my friends / siblings to look at things with a different perspective when they are in a bad mood.					
I realise that I should not insist on buying the same expensive articles that my friends have unless I need them.					
I try to understand my parents' point of view when they scold me.					
I generally make an effort to keep my books in good condition so that I can donate them to the underprivileged children.					
I am aware of my strengths and weaknesses and I work on them.					
I have started working on my communication skills because I realise that they are important.					
I try to balance my academics with extra-curricular activities to be an all-rounder.					
I am learning to organise myself as I understand that this skill will help me to improve over all.					
I do not indulge in procrastinating or delaying things that are important.					





Self Assessment	Never	Rarely	Sometimes	Often	Always
When people criticise me, I analyse their comments without getting upset.					
I maintain a positive attitude to cope with difficult situations.					
I can resist negative peer pressure.					
I realise that I would lose the trust of my parents and teachers if I lie.					
I am focused as I know that it will help me achieve my goals.					
I set realistic goals and work towards achieving them.					
I assess all options in a given situation before taking a decision.					
I try to compete with myself for continuous improvement.					
I accompany my parents to family functions even when I don't want to as I understand that I cannot be left alone at home for long hours.					
I play in a team and share responsibility for its success and failure.					
I take success and failures as learning experiences.					
I listen to my conscience and do not do what I feel is wrong.					

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**Note:** Your score in each column gives you an indication of your strengths as well as areas you can improve on. This scale will help you reflect and introspect so that you can work on enhancing your Critical Thinking skills.

Courtesy: DPS, Gurgaon





# Self Assessment

## iii. Creative Thinking

Rate yourself on the following three levels by ticking in the appropriate column

SELF ASSESSMENT	Usually	Sometimes	Rarely
1. I consider myself to be creative person.			
2. I engage myself in creative work.			
3. Creative ideas simply occur to me without thinking about them.			
4. I tend to lose my sense of time when I am engaged in my work.			
5. I always think about how to do everyday tasks differently.			
6. I tend to work on different ideas simultaneously.			
7. I often think a lot and try to have different ideas.			
8. I typically share my creative products/ideas with other people.			
9. I usually feel positive and enthusiastic while I am working.			
10. I don't mind too much if it takes time to get an answer to a particular question.			
11. I respect the different opinions of others.			

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**Note:** Your score in each column gives you an indication of your strengths as well as areas you can improve on. This scale will help you reflect and introspect so that you can work on enhancing your Creative Thinking skills.

Courtesy: DLDAV Model School, Shalimar Bagh, New Delhi





# Self Assessment

## iv. Effective Communication

Rate yourself on the following three levels by ticking in the appropriate column

SELF ASSESSMENT	Low	Medium	High
1. I always show interest while someone is speaking.			
2. I listen more than I speak.			
3. I have good negotiation skills.			
4. I possess leadership qualities.			
5. I use positive words while speaking.			
6. While interacting with someone, I give importance to the message.			
7. I am not pre-occupied with grammatical accuracy.			
8. I read the newspaper, stories, etc. to build my vocabulary.			
9. I choose the books I read with great precision.			
10. I always have a smile on my face while I am speaking .			
11. I am good at group discussions .			
12. I possess team-building skills.			
13. I have observation skills.			
14. I keep myself updated with effective communication techniques and strategies.			
15. I am good at public speaking .			

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**Note:** Your score in each column gives you an indication of your strengths as well as areas you can improve on. This scale will help you reflect and introspect so that you can work on enhancing your Communication skills.

Courtesy- DAV, Gurgaon





## Self Assessment v. Interpersonal Skills

Rate yourself on the following three levels by ticking in the appropriate column

SELF ASSESSMENT	Yes	No	May Be
1. May betray a friend if he/she helps you academically .			
2. Talk to friends through social networking sites more often than talking to them face to face.			
3. Once you discover a lie, can you trust that person again.			
4. Spend enough quality time with your family.			
5. How do you remain friendly with an individual you disagree with ?			
6. Internet a boon for interpersonal relationships.			
7. Share your worries with someone or you prefer to keep them to yourself.			
8. You are the one to initiate a conversation.			
9. The friends on your social networking profile are all your real friends.			

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**Note:** Your score in each column gives you an indication of your strengths as well as areas you can improve on. This scale will help you reflect and introspect so that you can work on enhancing your skill of Interpersonal Relationships.

Courtesy- DPS, Mathura Road, New Delhi



# Self Assessment

## vi. Managing Emotions

Rate yourself on the following three levels by ticking in the appropriate column

SELF ASSESSMENT	Mostly	Sometimes	Rarely
1. I don't take help from others to make important decisions in life.			
2. I don't pity myself.			
3. Even if I don't like a task, I pursue it for others' sake.			
4. I generally come out to be a leader in the group.			
5. I easily let go off the wrong others have done to me.			
6. My anger doesn't keep coming back with specific people or situations.			
7. When I am upset and feel like crying, I still stay powerful and effective.			
8. I understand others' point of view regardless of the situation.			
9. I don't envy those classmates who I think are better than me.			
10. I don't hesitate to join a group of students who are talking together.			
11. My friends keep telling me that I have a positive attitude towards life.			
12. I try to avoid difficult situations.			
13. I accept people as they are without expecting much change in them.			
14. I feel energetic and relaxed most of the time.			
15. I am responsible for my feelings and can modify myself when situations arise.			





### SCORING

- Give:
  - 1 mark for MOSTLY
  - 2 marks for SOMETIMES
  - 3 marks for RARELY
- If the score is:
  - 15-25 then emotionally balanced /stable
  - 25 and above then emotionally weak

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**Note:** Your score in each column gives you an indication of your strengths as well as areas you can improve on. This scale will help you reflect and introspect so that you can work on enhancing your skill of Managing Emotions.

Courtesy- S.D Public School, Pitampura, New Delhi





# Self Assessment

## vii. Coping with Stress

Rate yourself on the following three levels by ticking in the appropriate column

SELF ASSESSMENT	Mostly	Sometimes	Rarely
1. I often share my experiences with my parents and siblings.			
2. I generally get satisfactory marks in my examinations.			
3. Students of higher classes often bully me.			
4. I feel difficulty in controlling my anger.			
5. I easily break down in tears.			
6. I get upset when things do not go my way.			
7. I take help of relaxation techniques when stressed.			
8. I react without considering consequences when upset.			
9. I have a regular plan for things and I follow it.			
10. I work keeping the priority of the task in mind.			

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**Note:** Your score in each column gives you an indication of your strengths as well as areas you can improve on. This scale will help you reflect and introspect so that you can work on enhancing your skill of Coping with Stress.

Courtesy- Kulachi Hasraj Model Shool, Ashok Vihar, New Delhi





# Self Assessment

## viii. Empathy

### The Self Report : Altruism /Empathy Scale

**Instructions:** Check the category on the right that conforms to the frequency with which you have carried out the following acts:

SELF ASSESSMENT	1 Never	2 Once	3 More than once	4 Often	5 Very Often
1. I understand my parents' point of view when they ask me not to go out with my friends when my examinations are approaching.					
2. I have done work for charity (writing for blind candidates etc.)					
3. I have helped my mother to carry grocery from the market.					
4. I have stopped a friend who was going on the wrong track (bad company, substance abuse).					
5. I have bought cards/stickers made by an NGO for a good cause.					
6. I have pointed out the extra marks when the teacher gave them by mistake.					
7. I have offered my seat to an elderly person at party/in bus/in metro.					
8. I have lent my money which I had got to buy an expensive chocolate to a classmate who wanted to buy an important book.					
9. I can tell if the other person is sad/happy by the tone of his/her voice.					





SELF ASSESSMENT	1 Never	2 Once	3 More than once	4 Often	5 Very Often
10. I have helped a classmate who was being bullied by some people.					
11. I have helped a teacher carry a heavy bag without her asking for any help.					
12. I have never taken my pizza order for free(if it is late) knowing that it is going to be deducted from the delivery man's salary.					
13. I listen to the other's problem first rather than telling them about mine.					
14. I have often considered my classmates' point of view when we plan to go out.					
15. I have donated my personal belongings for a cause (books etc).					

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**Note:** Your score in each column gives you an indication of your strengths as well as areas you can improve on. This scale will help you reflect and introspect so that you can work on enhancing your skill of Empathy.





# Self Assessment

## ix. Decision Making

Rate yourself on the following three levels by ticking in the appropriate column

SELF ASSESSMENT	Rarely	Sometimes	Usually
1. After I make a decision, it is final - because I know my process is strong.			
2. I try to determine the real issue before starting a decision-making process.			
3. If I have doubts about my decision, I go back and recheck my assumptions and my process.			
4. I prefer people who are better informed to make decisions for me.			
5. I waste lot of time on trivial matters before arriving at the final decision.			
6. I delay making decisions until its too late.			
7. I get too anxious when I have to make decisions.			
8. After a decision is made, I spend lot of time convincing myself it was correct.			
9. I would rather achieve balance than success in my life.			
10. I prefer to get involved in new situations rather than think about the consequences first.			

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**Note:** Your score in each column gives you an indication of your strengths as well as areas you can improve on. This scale will help you to reflect and introspect so that you can work on enhancing your Decision Making skill.

Courtesy : Hansraj Model School, Punjabi Bagh, New Delhi



# Self Assessment

## x. Problem Solving



- 1) All Ashish's friends have their personal cell phones. He really feels jealous and has asked his parents several times to get him one too but has not got yet. He feels inferior about not possessing a cell phone. He feels angry and has started hating his parents. As Ashish, how would you solve this issue?

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- 2) When was the last time that you consulted your parents for your problem?
- (a) Last week (b) Last month  
(c) Yesterday (d) Can't say
- 3) Whenever I have been bullied by my classmates/friends I have dealt with it by using my negotiating and manipulating skills.
- (a) Never (b) Sometimes (c) Always
- 4) When facing a problem (related to academics/adolescents issues) my parents are always able to help me.
- a) Strongly disagree b) Disagree c) Moderately agree  
d) Agree e) Strongly agree
- 5) I am twelve year old and overweight. Every day I hear terrible comments about it. Now, I have stopped eating and started dieting. Have I done the right thing? And if not then what should I do to solve this big problem?

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- 6) Put the number of your choice against your answer:
- a) Strongly disagree b) Can't say c) Strongly agree
- A group of students of class VIII always pass rude and senseless comments about Rohan who has squint in his eyes. He simply ignores them. If you were Rohan, you would:
- (a) Abuse them/fight with them and teach them a lesson.  
(b) Simply ignore them.  
(c) Complain to my teachers.  
(d) Share the problem with the counsellor or someone I trust.
- 7) Whom do you consult the most when you face problems?
- (a) Parents (b) Friends (c) Brother/Sister
- 8) I am Sonakshi of class VIII and all my close friends are going to celebrate after the annual examinations. I also want to go along with them. When I asked my parents,





they immediately said 'no.' I tried to convince them but nothing changed. As Sonakshi, what would you do:

- (a) I would lie to them and go out with my friends.
  - (b) I would simply agree with my parents as I really love them.
  - (c) I would negotiate, tell them about my friends, give them their numbers and hopefully they will agree.
  - (d) I will shout and scream and perform senseless activities just for going out.
- 9) How would you rate your relationship with your parents:
- a) Extremely weak                      b) Weak                      c) Can't say
  - d) Strong                                  e) Very strong
- 10) If you were insulted by your teacher in front of the whole class on getting bad marks, you would:
- (a) Reply rudely to your teacher's observations.
  - (b) Ignore and walk away.
  - (c) Try to find out the reason behind the teacher's observations.
  - (d) Expect the teacher apologize in front of the class.
- 11) Rishabh of class VIII is bullied by his classmates both in the class as well as on a social network site. As Rishabh, you would:
- (a) Fight with them and use foul language.
  - (b) Just ignore them.
  - (c) Complain to my teachers and parents.
- 12) Put the number of your choice against your answer:
- a) Strongly disagree                      c) Moderately agree
  - b) Disagree                                  d) Agree
  - e) Strongly agree
  - (i) I find using abusive language frequently really easy.
  - (ii) I don't find anything wrong in lying to my parents.
  - (iii) I get easily influenced by my friends for drinking, smoking etc.
  - (iv) I really don't care about the problems that my friends face.
  - (v) I don't care about the marks I get in my examinations.

This is a self assessment scale, meant to be used only as an indicator. It can be administered to your self or to a peer to establish areas for further enhancement.

**Note:** This scale will help you reflect and introspect so that you can work on enhancing your skill of Problem Solving.

Courtesy: Delhi Public School, Ghaziabad, Vasundhara

