

SELF-AWARENESS AND SELF-ASSESSMENT  
JUNIOR SCHOOL

(Suggested only for Classes 4 and 5. The questions can be explained by teachers.)

Dear Student,

Please pause for a while and think over where you stand, with respect to each of the points mentioned. Please tick the appropriate option among the first three columns to indicate this. The next column, which indicates the trend, needs to be filled in by an 'I', 'S' or 'D' to reflect whether you have improved (I) or maintained status quo (unchanged)(S) or deteriorated(D) vis-à-vis the last time you had assessed yourself. The new students need not fill in this last column (TREND COLUMN NEED NOT BE FILLED BY STUDENTS WHO JOINED THIS YEAR.)

Good wishes,

Principal

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Name:

Roll No:

Class:

Date:

This is me.....	Excellent	Good	Need to improve	TREND I/S/D
I am neatly dressed during the academic hours				
I am punctual for all school activities				
I have encouraged/motivated my friends to perform better in their studies, sports or other co-curricular activities				
I take down notes in the class regularly				
I complete my homework on time				
All my books are well kept				
I remember to carry proper stationery to school				
My handwriting is neat and legible				
I have taken care not to discourage/de-motivate/make fun of others in class or outside				
I greet all teachers irrespective of whether they teach me.				
I take responsibility for my actions and own up mistakes				
I have successfully prevented others from committing/intending to commit any unacceptable behavior/wrong actions				
I take care of school property. I don't spoil.				
I am willing to accept extra work and responsibility				
I keep my belongings in an organized manner				
I don't waste much time. I manage my time well				

In my Dorm.....	Always	Sometimes	Rarely	Never
I am friendly with my dorm mates				
I keep my cupboard clean				
My bed is well maintained				
I take care of my belongings				
I talk to my RHP/House Mother when I need help				
I utilize my dorm time effectively				
I read during the my free time in the dorm				
I participate in dorm activities				
I help my dorm mates				
I use proper and acceptable language with my friends				
I speak politely to my house mother and others				
I attend jogging regularly				
I return somebody else's belongings when I find them				
I write letters to my parents regularly				
I use email facility responsibly				

Some of my thoughts .....

How can you make the school a happier place for yourself?

How can the school make your stay happier?

Name three things about yourself that you would want to improve.

What would you like to be when you grow up?