

SELF-AWARENESS AND SELF-ASSESSMENT
SENIOR SCHOOL

Dear Student,

Please recall the wonderful and encouraging manner in which you had filled YOUR SELF ASSESSMENT FORM mid-year. Now you will be filling in a slightly modified form, which will form part of your **Comprehensive Learner's Profile** that will be sent by the school to your parents/guardians. Please tick the appropriate option among the first four columns to indicate where you stand presently. The next column, which indicates your 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.

Good wishes,

Principal

Name: _____ Roll No: _____ Class: _____ Date: _____

A. The quality of my presence in my classroom

No	Aspect	PRESENT				TREND I/S/D
		Always	Sometimes	Rarely	Never	
01	I am punctual to all school activities					
02	My behavior is supportive of the teacher in taking his/her lessons in class					
03	I pay attention to the teacher in class					
04	I participate enthusiastically and learn in the classroom					
05	I am satisfied with the efforts that I put into my studies					
06	I complete my homework in all subjects on time					
07	During an exam, I am able to manage my time, choose the right questions and present my answers neatly					
08	I keep required stationery ready for my classes					
09	I am able to grasp concepts taught in class					
10	I further my academic knowledge by referring sources that are beyond the curriculum					
11	I regularly interact with my teachers to benefit from meaningful discussions on varied subjects					
12	My language is free of discouraging, hurtful and uncultured words					
13	I am gentle and polite in my dealings with everybody					
14	I contribute to a better learning atmosphere by supporting quietude in the class					
15	I am determined to achieve my goals					
16	I work consistently to achieve my goals					

B. The quality of my presence in my Dorm

No	Aspect	PRESENT				TREND I/S/D
		Always	Sometimes	Rarely	Never	
01	I am understanding and empathetic towards my friends.					
02	I am aware of health and hygiene issues					
03	I maintain good health and personal hygiene					
04	I take good care of my personal belongings and keep them in their appropriate places					
05	My hairstyle and turnout are in alignment with the school guidelines					
06	I have positive interactions with my RHP/House mother					
07	I am friendly with all students in the dorm					
08	I am able to generate interesting discussions with others					
09	I utilize my unscheduled dorm time productively					
10	I read non-curricular books					
11	I participate in group activities of the dorm					
12	My language is free of discouraging, hurtful and uncultured words					
13	I am willing to help others					
14	I contribute positively in creating a healthy environment					
15	I regularly attend morning jogging					
16	I regularly participate in evening games					
17	I eat adequately and in an appropriate manner					
18	I avoid getting into physical fights					
19	I refrain from bullying others					
20	I never 'flick' others' items					
21	I refrain from bringing unacceptable items into my dorm					
22	I use email facility provided by the school responsibly					
23	I deal with newcomers in a friendly/supportive way					

C. How can I make the school a happier place for myself?

D. How can the school make my stay happier?

E. The first three aspects about my actions/attitude that I would like to improve

F. What would I like to be when I grow up?