**Student Self-Assessment**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Instructions:** Rate your current ability level for each skill using the following scale:

1 = Not yet able to demonstrate  
2 = Beginning to demonstrate with significant support  
3 = Can demonstrate with some support  
4 = Can demonstrate independently  
5 = Can demonstrate and teach others

**Unit 1: Team Building**

\_\_\_\_\_ I can communicate my personal needs, wants, and questions clearly

\_\_\_\_\_ I can complete a task within a team setting

\_\_\_\_\_ I demonstrate appropriate behaviours when working in a team

\_\_\_\_\_ I can follow directions given by team members or supervisors

**Unit 2: Workplace Safety**

\_\_\_\_\_ I understand basic safety literacy skills

\_\_\_\_\_ I understand workplace safety principles and practices

\_\_\_\_\_ I can identify workplace hazards and suggest solutions

\_\_\_\_\_ I know how and when to report workplace hazards

\_\_\_\_\_ I understand standard onboarding safety practices

\_\_\_\_\_ I practice proper handwashing and cover coughs and sneezes appropriately

\_\_\_\_\_ I can safely handle Personal Protective Equipment (PPE)

\_\_\_\_\_ I recognise signs of mental health concerns and know how to seek help

**Unit 3: Technology**

\_\_\_\_\_ I can perform basic computer operations

\_\_\_\_\_ I can create, save, and organise documents

\_\_\_\_\_ I can navigate websites to locate specific information

\_\_\_\_\_ I can create a public presentation using technology

\_\_\_\_\_ I can explain the importance of online safety

\_\_\_\_\_ I can explain the consequences of online interactions

\_\_\_\_\_ I can follow policies for use of electronic devices

\_\_\_\_\_ I can send and receive messages using technology

**Unit 4: Self Advocacy**

\_\_\_\_\_ I understand my own/others disability and can explain it to others

\_\_\_\_\_ I can locate laws explaining my rights and responsibilities

\_\_\_\_\_ I can access appropriate community service agencies

\_\_\_\_\_ I can identify and utilise natural supports in my community

\_\_\_\_\_ I can recognise when someone is taking advantage of me

\_\_\_\_\_ I understand the importance of voting

\_\_\_\_\_ I understand my legal status and what it means

**Unit 5: Maintaining Employment**

\_\_\_\_\_ I can comply with confidentiality requirements in the workplace

\_\_\_\_\_ I can self-monitor my professional behaviours

\_\_\_\_\_ I can demonstrate giving, receiving, and complying with feedback

\_\_\_\_\_ I understand workplace chain of command

\_\_\_\_\_ I can demonstrate appropriate conversation skills in the workplace

**Unit 6: Financial Literacy**

\_\_\_\_\_ I can use online financial tools and activities to develop money management strategies

\_\_\_\_\_ I understand the relationship between earning and spending money

\_\_\_\_\_ I can create a personal budget

\_\_\_\_\_ I can demonstrate understanding when making purchases

\_\_\_\_\_ I understand the costs associated with living independently

\_\_\_\_\_ I can interpret and understand a paycheck

\_\_\_\_\_ I understand the process and importance of paying taxes

\_\_\_\_\_ I can identify different types of banking services

\_\_\_\_\_ I understand credit, debit, and online apps for making purchases

**Unit 7: Health and Wellness**

\_\_\_\_\_ I understand how my health impacts my employment

\_\_\_\_\_ I can manage stress and maintain good mental health

\_\_\_\_\_ I understand the importance of a balanced, nutritious diet

\_\_\_\_\_ I can identify appropriate leisure activities in my community

\_\_\_\_\_ I can demonstrate appropriate personal grooming

\_\_\_\_\_ I can set realistic goals for better health

\_\_\_\_\_ I understand different types of exercise and their benefits

\_\_\_\_\_ I understand the connection between health and self-esteem

\_\_\_\_\_ I can make healthy food choices and maintain a healthy diet

\_\_\_\_\_ I can access community fitness resources

\_\_\_\_\_ I can use appropriate coping skills and relaxation techniques at work

\_\_\_\_\_ I can identify appropriate leisure activities available in my community

\_\_\_\_\_ I can demonstrate appropriate personal grooming standards for the workplace

\_\_\_\_\_ I can access and utilise community fitness resources

**Unit 8: Preparing for Employment**

\_\_\_\_\_ I can create a professional CV/resume

\_\_\_\_\_ I can create a reference list

\_\_\_\_\_ I can develop an effective cover letter

\_\_\_\_\_ I can demonstrate appropriate interview etiquette

\_\_\_\_\_ I have strong interview skills and can answer common questions

\_\_\_\_\_ I can evaluate my own interview performance

\_\_\_\_\_ I can evaluate and reflect on my own interview performance to identify areas for improvement

**Unit 9: Social Communication**

\_\_\_\_\_ I can demonstrate appropriate written communication skills

\_\_\_\_\_ I can demonstrate appropriate non-verbal communication skills

\_\_\_\_\_ I can demonstrate appropriate verbal communication skills

\_\_\_\_\_ I can comprehend and transmit messages accurately

\_\_\_\_\_ I can demonstrate active listening skills

\_\_\_\_\_ I can identify and practice appropriate conversation topics