

School Systems Self-Assessment

Date ____/____/____ Name _____ Circle the comment that is most like you. For each system/tool, strategize ways to move up to the next number. For example, if you chose a 3 on Backpack Organization, what would it take to get to a 4? If you chose 1 on Planners, how can you move to a 2? Or you can completely revolutionize your systems and go for all 4s. Just be realistic with yourself, and this will help you a ton.

	1 - Nope!	2 - Meh.	3 - Good enough!	4 - Seriously, I've got this!
Paper management system	Um, I pretty much shove papers into the abyss of my backpack, locker, etc.. I can't keep track of it all. I hate papers.	I try to use binders or folders, but I'm just happy if I shove papers into something. Sometimes I can find what I need.	I use folders or binders fairly well. I misplace things sometimes but can usually find what I need. It's pretty reliable .	I can reliably find any paper I need, from any class, at any time. My system is highly organized, effective and completely reliable .
Backpack	I don't even have a backpack, or I lost it, or I just don't use it.	I have one, and it's pretty messy. I can find some of what I need if I search hard enough.	I use it and can usually find what I need. It's fairly organized and reliable.	I manage my backpack well and it has a home for everything. I can easily and reliably find anything I need whenever I need it.
Planner	I don't need a planner, I try to keep it in my head. I have a lot of missing work, 0's and incompletes. I don't really "study".	I have a planner, but don't use it much or I lose it or forget about it. I often have missing and incomplete homework.	I use my planner to track most things, but it's not perfect. I get most of my work in on time and study pretty well.	I have a completely reliable system for my planner. I track all my responsibilities so well that I get all of my homework in on time. I study effectively .
Grades	Honestly, I have no idea what my grades are like.	I know some of my grades but don't really pay much attention to it.	I check my grades pretty often . I'm fairly aware of how I'm doing.	I check my grades regularly and know exactly how I'm doing in each class.
Advocacy	I don't approach my teachers for help. They don't want to be bothered.	Sometimes, if I remember, I will ask a teacher for help.	When I need to, I email teachers or go into office hours for help.	Whenever I have questions, I make a point to speak with the teacher asap . My teachers know me well and I am proactive.
SSS (Sacred Study Space)	I don't even think about where I study. It's not on my radar. I like to work on the couch or bed.	I study wherever I feel like, my homework takes a lot longer than it needs to.	I have a decent place to study, there aren't too many distractions.	I have a great place to study, it's free of distractions & I can focus on school work for extended periods of time.
Study Skills	Honestly, I don't "study" and I don't	I sort of study & rush through homework	I pretty much know HOW to study & do homework effectively, take notes, etc.	I know HOW to learn, how to actually "study", I do homework very effectively, take great notes, etc.
Weekly Overhaul	I never go through my stuff, the piles grow like crazy.	I sometimes overhaul and reorganize things, but it's overwhelming.	I overhaul my systems occasionally and keep them somewhat updated.	I regularly overhaul my systems and they are reliably up to date!
Self-care	I don't consistently wake up rested, get plenty of exercise and eat healthfully. I neglect other self-care habits.	Sometimes I wake rested, get exercise and eat well	I usually wake rested, get exercise and eat well	I consistently wake up rested, get plenty of exercise and eat healthfully and have great self-care habits.