
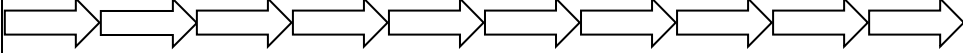
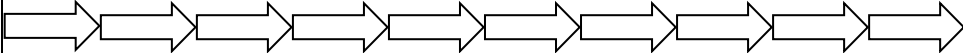

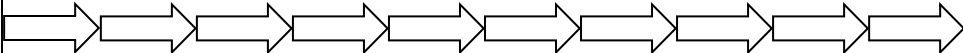
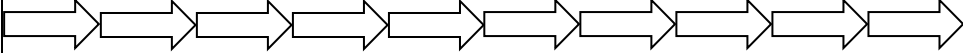


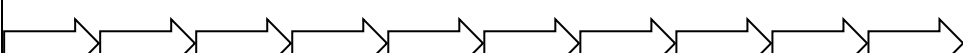
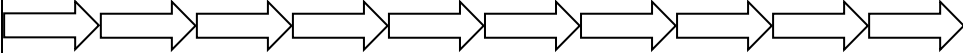


# Self-assessment chart

## DEVELOPING YOUR PERSONAL AND SOCIAL SKILLS

Progressive	1	2	3	4	5	6	7	8	9	10	
<b>1</b>	about yourself	How you see yourself, confidence, strengths, weaknesses, views of others 									Accurate self image
<b>2</b>	communicating	Listen actively, communicate verbally, non-verbally, in writing 									Communicate well
<b>3</b>	getting on with others	Relate to people from all backgrounds, work well in groups 									Good relationships
<b>4</b>	recognise & manage feelings	Recognise and manage: anger, fear, anxiety etc.; develop self-control 									emotional health
<b>5</b>	understand & identify with others	Empathise with others points of view & feelings 									feel as others do
<b>6</b>	Explore values	Develop concepts of right and wrong, personal standards to live by 									conscious value system
<b>7</b>	Solving problems	Describe problem, obtain information, make decision, on own & in groups 									Finding effective solutions
<b>8</b>	reaching acceptable decisions	Explain, own & listen to others' views; reach agreed decisions 									agreed outcomes
<b>9</b>	Plan ahead	Set goals, decide on action, carry out plans 									control your life
<b>10</b>	Learn from experience	Reflect on actions, assess performance, build on strengths 									achieve full potential
		Where on the scale do you lie for each of these skills? How can you improve?									

**Do this now after checking notes and then again in a few months time. Any changes?**

