Please assess yourself using the following rating scale: **1 = LOWEST – 10 = HIGHEST**

Your personal assessment will be discussed with your Project Worker during your 1 to 1 interviews.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| NAME: | |  | Date: | | | |  | DATE: | | |  | DATE: | | |
|  | |  | personal rating | ADVISOR rating | average rating | |  | personal rating | ADVISOR rating | average rating |  | personal rating | ADVISOR rating | average rating |
| **PERSONAL SKILLS** | |  |  |  |  | |  |  |  |  |  |  |  |  |
| I feel confident meeting new people | |  |  |  |  | |  |  |  |  |  |  |  |  |
| I get on well with people | |  |  |  |  | |  |  |  |  |  |  |  |  |
| I am motivated | |  |  |  |  | |  |  |  |  |  |  |  |  |
| I am punctual and reliable | |  |  |  |  | |  |  |  |  |  |  |  |  |
| I am good at asking for help | |  |  |  |  | |  |  |  |  |  |  |  |  |
| I enjoy working as part of a team | |  |  |  |  | |  |  |  |  |  |  |  |  |
| I am organised  I | |  |  |  |  | |  |  |  |  |  |  |  |  |
| I feel positive about my future | |  |  |  |  | |  |  |  |  |  |  |  |  |
| **PRACTICAL SKILLS** | |  |  |  |  | |  |  |  |  |  |  |  |  |
| I have good communication skills | |  |  |  |  | |  |  |  |  |  |  |  |  |
| I am willing to take on responsibility | |  |  |  |  | |  |  |  |  |  |  |  |  |
| I can fill in forms on my own | |  |  |  |  | |  |  |  |  |  |  |  |  |
| I can follow instructions | |  |  |  |  | |  |  |  |  |  |  |  |  |
| I am good at problem solving | |  |  |  |  | |  |  |  |  |  |  |  |  |
| I am able to work alone | |  |  |  |  | |  |  |  |  |  |  |  |  |
| I have plans for the future | |  |  |  |  | |  |  |  |  |  |  |  |  |
| I am confident at CV writing | |  |  |  |  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  | |  |  |  |  |  |  |  |  |
| **Learner Signature** | |  |  | | | |  |  | | |  |  | | |
| **Staff Signature** | |  |  | | | |  |  | | |  |  | | |
|  |  | | | | |
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