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 organisedI  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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** |  |  |  |  |  |  |
|  |  |
|  |  |