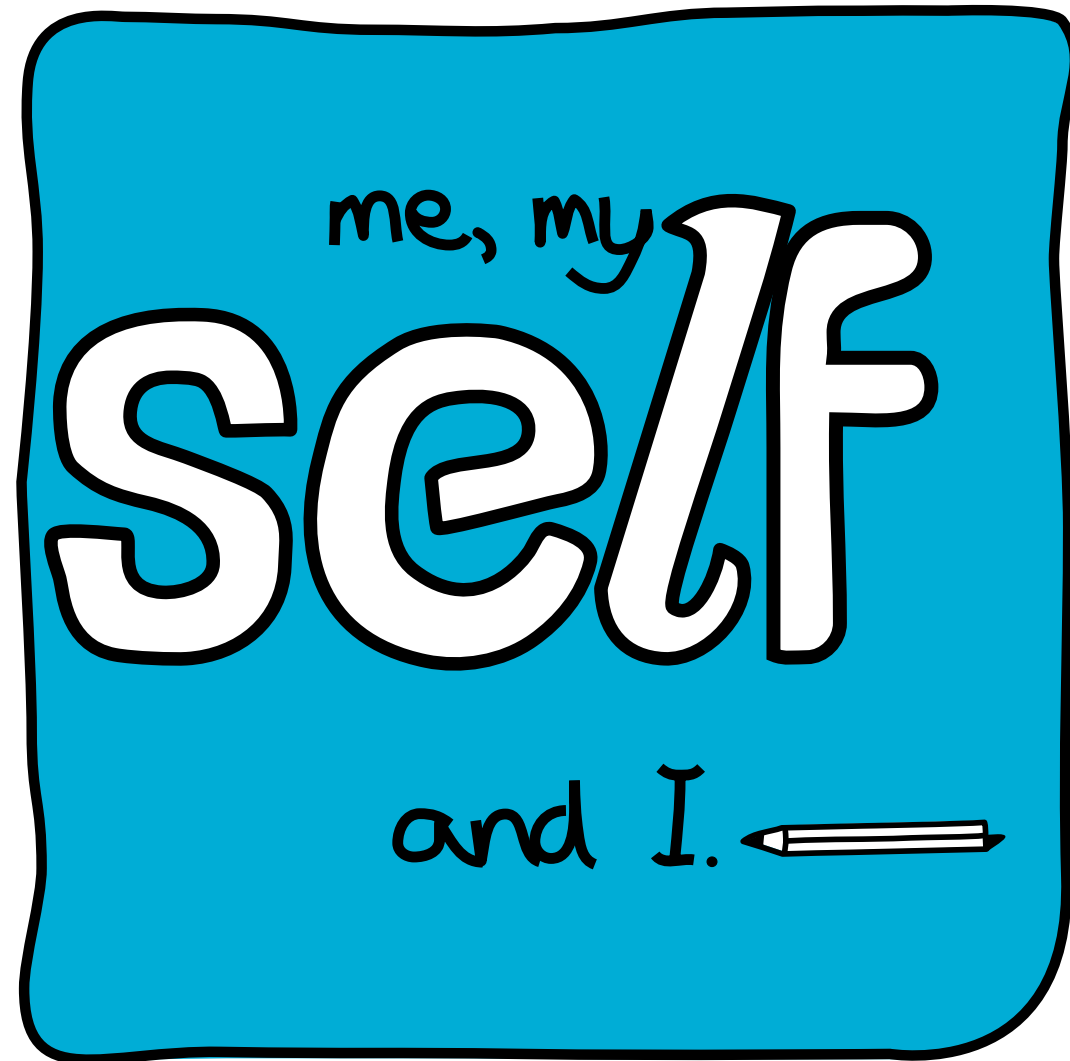




SCOTTISH EXECUTIVE

Young Person **s e l f** Profile



SCOTTISH EXECUTIVE

self



Name _____ Age _____

School _____ Class _____

Submit 



don'ts

dos

1 Don't get hung up on who is THE best	Concentrate on doing YOUR best
2 Don't put down success to outside factors such such as luck or that it was an easy task	Take credit for and pride in any success
3 Don't assume that because you're not good at something right now you' ll never be	Realise you can get better at most things with more time and effort.
4 Don't put all the blame for any failure on yourself	Realise your progress depends on a lot of factors, some of which you don't control
5 Don't assume that being unable to do a particular task is a measure of your overall ability at that task	Realise progress at a particular task is only a measure of your current ability and effort
6 Don't see mistakes as your ability being assessed and disapproved	See mistakes as an important part of learning.
7 Don't assume there is nothing you can do about setbacks	Deal with setbacks by making a plan or by looking for help
8 Don't keep feelings of being overwhelmed or problems with your work to yourself under too much pressure	Let your teachers or parents know if you're finding the work hard or if you feel
9 Don't be more concerned with covering up your confusion or avoiding failure than learning	Focus on learning and what help you need
10 Don't have low expectations for yourself	Stretch your strengths
11 Don't focus too much on yourself	Try to focus some of your goals on doing things for others
12 Don't hold onto bad feelings that make you focus on the problem and stop you from worrying by focusing on activities which give you a sense of purpose.	Try to keep things in perspective, realise that change is possible and work hard to contain "having a go" at the task again..
13 Don't hide from your weaknesses by denying them or blaming others	Accept your weaknesses but realise that you can work on them.
14 Don't express anger if someone annoys you as it leads to more anger, hate, revenge	Try to forgive and get on with others.
15 Don't see school as an imposition	Make the most of the chance to learn you are given every day

1 Not confident about self as a learner, in coping with school, feel things just happen to them in school, experiences school as unpredictable - out of their control, can't cope with pressure.

Confident about self as a learner, in coping with school, determined, feel they have control over things that happen in school, credits success to their efforts, knows what they want to achieve, high expectations, creative.

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Evidence for rating

Why do you think this is ?

2 Not so good at learning, poor learning power, needs a lot of help, doesn't pay attention, falling behind, poor concentration, poor memory, lack of organisation, doesn't bring books, can't write properly, can't read well, learning difficulty, work is a mess.

Good at learning, good learning power, bright, clever, good progress, pays attention, good concentration, well organised, has good ideas, talented.

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Evidence for rating

Why do you think this is ?

3 In poor physical state and fitness, unfit, health problems, overweight, underweight, clumsy, sleeping problems, tired, very small, hygiene problems, regularly complains of being unwell, bad eating habits, lacking energy.

In good physical state and fitness, fit and well, energetic, healthy, good eating habits, good build, well rested, neat and tidy, healthy level of activity, exercises well, sporty.

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Evidence for rating

Why do you think this is ?

- 4 Find it hard to get on with people**, difficult to get on with, can't cope with large groups, gets on better with adults, difficulties making new friends, left out, no friends, sticks to themselves, feels different, picked on, no sense of humour, can't take a joke, shy, talks too much, talks nonsense, unwilling to share.

Good at getting on with people, friendly, likeable, easy to get on with, fun, enjoys a joke, sense of humour, funny, easy to get to know, easy to talk to, gives compliments, can join a group, asks others about themselves, makes suggestions about activities.

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Evidence for rating

Why do you think this is ?

- 5 Not so kind and helpful**, selfish, nasty, disrespectful, bad mannered, tells lies, bully, dishonest, steals, plays jokes on people, calls people names behind their back, stirrer, plays people off against each other, two faced, takes other peoples' stuff without asking.

Kind and helpful, honest, respectful, polite, caring, treats everyone equally, understanding, respects property, can say thank you, able to forgive, always wants the best for everyone.

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Evidence for rating

Why do you think this is ?

- 6 Can't understand own and others' feelings**, doesn't know themselves well, doesn't know their good and bad points, doesn't pick up hints, can't show or talk about how they are feeling, insensitive, doesn't read how other people are feeling.

Can't understand own and others' feelings, knows their good and bad points, knows themselves well, can set own targets, able to understand their behaviour, realises how they affect others, can show their feelings when appropriate, can take a hint, can adjust to how others feel.

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Evidence for rating

Why do you think this is ?

7a Put off learning, hates learning, doesn't care about school, lazy, poor attender, poor time keeper, no ambitions, day dreamer, just sits back, never answers any questions, sees no point in school, no interests, never finishes tasks or homework, poor use of free time, gets bored easily, more interested in avoiding failure than getting success, scared to make a mistake, not willing to try anything, pessimistic, blames self for failure, sees no need to improve, doesn't believe hard work will make any difference.

7b Don't want to learn new things, more interested in winding teachers up, wants their own way, not interested in teachers' rewards or concerned about being punished, like to show how they're the best, feel have to prove self by being tough.

7c Hides from learning, stuck in comfort zone, cautious, hasn't much initiative, rarely offers an answer or asks a question.

Put off learning	1	2	3	4	5	6	7	8	9	10	Enjoys learning
Don't want to learn new things	1	2	3	4	5	6	7	8	9	10	Enjoys learning
Hides from learning	1	2	3	4	5	6	7	8	9	10	Enjoys learning

Evidence for rating

Why do you think this is ?

8 Bad at handling emotions, emotionally angry, moody, stressed, depressed, sad, nervous, self harming, doesn't cope with change, easily upset, cries a lot, class clown, attention seeking, loud, seeks instant rewards, goes hyper, talks too much, can't sit still, can't wait their turn, impatient, unpredictable, immature.

Good at handling emotions, calm, doesn't let things get to them, always in good mood, copes with change, takes losing well, deals well with disappointments and disagreements, well tempered, peaceful, patient, sensible, mature.

1	2	3	4	5	6	7	8	9	10
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Evidence for rating

Why do you think this is ?

9a Never feels good about self; doesn't like self, hard on self, not sure of self, doesn't care about self, doesn't feel valued or wanted, sees self as failure, gives in to peer pressure, can't stand up for self.

9b Big headed, arrogant, full of themselves, thinks they're better than everyone else, think they know best, stuck up, know all, puts others down, shows off.

9c Depends on what others think to feel good about self, over dependent on others' approval, over sensitive, fear of rejection, gives in to peer pressure, can't stand up for self.

Never feels good about self	1	2	3	4	5	6	7	8	9	10	Feels good about self
Big headed	1	2	3	4	5	6	7	8	9	10	Feels good about self
Depends on what others think	1	2	3	4	5	6	7	8	9	10	Feels good about self

Evidence for rating

Why do you think this is ?

10b Won't do what they're told, stropky, always want their own way, answers back, sees everything as a joke, needs to have the last word, gets involved in any hassle even if nothing to do with them, always in trouble, takes things too far, irresponsible, unreliable, puts people off their work.

Grumpy, gets angry easily, takes criticism personally, bears grudges for a long time, feels picked on, doesn't trust anyone, always trying to prove self, jealous, blames others, can only see things their own way, can't back down or apologise.

Over rely on self, learned to fight own battles, attracted to older friends, gets in with wrong crowd.

10c Will do anything they're told, people pleaser, tries too much to be a friend, tries to be teacher's pet, desperate to be liked, easily led, looks up to others too much.

Too trusting, door mat, lets self be used, gets bossed about all the time, lets people walk all over them, can't say no, picked on, will believe anything.

Over dependent, copies everything others do, can't do anything for themselves, acts much younger, plays on pity.

Won't do what they're told	1	2	3	4	5	6	7	8	9	10	Able to cooperate
Will do anything they're told	1	2	3	4	5	6	7	8	9	10	Able to cooperate

Evidence for rating

Why do you think this is ?

Feel good about self, like who they are, secure, has self respect, copes with peer pressure, is their own person, confident meeting new people.

Able to cooperate, gets on well with teachers, listens to instructions, responsible, reliable, know can't always get own way, questions respectfully, can voice opinion, listens to others' opinions, involved in wide range of school activities.

Stands up for self respectfully able to deal fairly with people, resists pressure to do things, doesn't let others take advantage of them, handles playful teasing.

Can be trusted, doesn't rely on teacher, accepts and takes the lead without being bossy.

11 Family is often upset, chaotic, parents too strict or too weak, parents - ill, depressed, drug / alcohol problems, parents split up, compete for their affection.

Family is stable, steady, well supervised, calm family life, safe home, clear rules and limits.

1	2	3	4	5	6	7	8	9	10
Evidence for rating					Why do you think this is ?				

12 Family is not very close, unhappy at home, doesn't get much attention from family, no-one cares for them, let down by family, bullied by parents, ignored at home, constantly fight with brothers / sisters, parents argue a lot.

Family is close, supportive, well looked after, knows they are loved, happy at home, able to work out any problems within the family, gets on well with brothers and sisters.

1	2	3	4	5	6	7	8	9	10
Evidence for rating					Why do you think this is ?				

13a Parents stop them from doing anything, over-controlled, crush any initiative, insist on their way on everything, over criticise, constantly interfere, force them to do things, not allowed to voice their opinion.

Parents give them the right amount of trust, good understanding with parents, parents supportive, tune into their interests, listen to and understand them.

13b Have to do everything for themselves, neglected, overexposed to parents problems, take on parent role from early age, has a lot of domestic duties, have all the power in the family.

13c Over-protected, smothered, parents do everything for them.

Parents stop them from doing anything	1	2	3	4	5	6	7	8	9	10	Given the right amount of trust
Have to do everything themselves	1	2	3	4	5	6	7	8	9	10	Given the right amount of trust
Over protected	1	2	3	4	5	6	7	8	9	10	Given the right amount of trust

14a Parents not interested education, don't take any interest in or support their school work, attend parents night etc.

Parents interested education, help and encourage them to do well, progress at school matters to them, attend parents' evenings etc, helps with homework.

14b Parents never agree with school, always complaining about school and arguing with the school, let young person stay off school, brothers and sisters never attended school much.

Parents not interested in education	1	2	3	4	5	6	7	8	9	10	Parents interested in education
Parents never agree with school	1	2	3	4	5	6	7	8	9	10	Parents interested in education

Evidence for rating	Why do you think this is ?
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How motivated are you? Please circle.

