







Answer this Pre-assessment Activity

This is a self-assessment. It is not a test and will not be graded! It will help you think about what you do well and where you need improvement. The trainer will read each statement

two times listed in the left column. If you can do it well, check . If you can do it a little, check . If you have no experience doing this, check .

My Experience	I can do it well. 	I can do this a little. 	I have no experience doing this. 
Knowledge, Skills and Attitudes			
Understand that keeping information secret and to myself without sharing it with other people is my responsibility. I can give reasons why it is important.			
Understand why it is important to keep information about others shared with me to myself.			
Identify what I am feeling before I take action.			
Know that the way I think can affect the way I feel and act.			
Know that I can change the way I feel and act.			
Know how to control my feelings.			
Think before I act almost all the time.			
Feel that I can change the way I think to help me respond better.			
Know when I need to ask for help from others to help me if I am having a hard time.			
Know who to go to help me with a hard time or when I am feeling stressed.			