

College Student Awareness Assessment

This activity will help you consider your levels of self-awareness in different areas of life. Complete the assessment, and calculate your score for each section. Reflect on the results to answer the questions that follow.

Intellectual Awareness

	Never		Sometimes		Always
1 I make informed decisions about how I study.	0	1	2	<u>3</u>	4
2 I think of creative ways to learn new concepts and difficult subjects.	0	1	2	<u>3</u>	4
3 I relate new information to things I already know.	0	1	2	<u>3</u>	4
4 I understand my own learning process and preferences.	0	1	2	<u>3</u>	4
5 I think critically about my assumptions and biases.	0	1	2	<u>3</u>	4
Total					<u> </u> /20

Resource Awareness

6 I can resist impulses and delay gratification.	0	1	<u>2</u>	3	4
7 I recognize the limitations of my resources	0	1	<u>2</u>	3	4
8 I set goals and use my resources to achieve those goals.	0	1	2	<u>3</u>	4
9 I take responsibility for my use of time and money.	0	1	<u>2</u>	3	4
10 I view time and money as resources, not as restrictions.	0	1	2	3	<u>4</u>
Total					<u> </u> /20

Physical Awareness

11 I get sufficient sleep to maintain my health.	0	1	2	3	<u>4</u>
12 I make regular exercise a priority.	0	<u>1</u>	2	3	4
13 I recognize how stress affects my mind and body.	0	1	<u>2</u>	3	4
14 I recognize the effects of alcohol, drugs, and tobacco on my body.	0	1	2	<u>3</u>	4
15 My eating habits will ensure my long-term health.	0	1	2	<u>3</u>	4
Total					<u> </u> /20

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Emotional Awareness

	Never		Sometimes		Always
16 I am comfortable taking risks.	0	1	2	3	<u>4</u>
17 I am content with myself and others.	0	1	2	3	<u>4</u>
18 I adjust well to changing circumstances.	0	1	2	<u>3</u>	4
19 I am objective about what other people think of me.	0	1	2	3	<u>4</u>
20 I avoid feeling sorry for myself.	0	1	2	<u>3</u>	4
Total					<u> </u> /20

Social Awareness

21 I recognize the influences of other people and the media in my life.	0	1	2	3	<u>4</u>
22 I am comfortable with the expectations others have of me.	0	1	2	<u>3</u>	4
23 I value people who are different than I am.	0	1	2	3	<u>4</u>
24 I am comfortable around other people.	0	1	2	3	<u>4</u>
25 People are generally comfortable around me.	0	1	2	3	4
Total					<u> </u> /20

Spiritual Awareness

21 I embrace opportunities to serve others in my community.	0	1	2	<u>3</u>	4
22 I know how to find a sense of inner peace.	0	1	2	3	<u>4</u>
23 I recognize a purpose in my life.	0	1	2	3	<u>4</u>
24 I see challenges as a learning opportunity.	0	1	2	<u>3</u>	4
25 I seek balance in my life.	0	1	2	3	<u>4</u>
Total					<u> </u> /20

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Reflection questions

1 What type of awareness do you consider to be the most important? Why

2 In which area did you give yourself the highest score? Would you consider this type of awareness a strength of yours? Why?

3 In which area did you give yourself the lowest score? Would you consider this type of awareness a weakness of yours? How can you improve in this area?
