



### PERSONAL SKILLS ASSESSMENT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

To help you maximize this CROWNS Coaching experience, please complete this Personal Pre-Assessment. Answer the questions honestly and to the best of your ability. There are no right or wrong answers.

1 =Want to improve – 5 =Feeling Confident

	1	2	3	4	5
Rate yourself <b>ACADEMICALLY</b> based on where you want to be.					
Rate your <b>COMMUNICATION and PRESENTATION SKILLS.</b>					
Rate your <b>LEADERSHIP SKILLS.</b>					
Rate yourself on <b>TIME MANAGEMENT.</b>					
Rate yourself on your personal <b>MOTIVATION and PERSONAL INITIATIVE.</b>					
Rate your <b>ORGANIZATION SKILLS.</b>					
Rate yourself on how well you feel <b>PREPARED FOR COLLEGE.</b>					
Rate yourself <b>SOCIALLY</b> based on your ability to connect and interact with others professionally.					
Rate your level of <b>SUPPORT</b> from caring adults.					
Rate yourself on your <b>WELL-ROUNDEDNESS</b>					
<b>TOTAL UP EACH COLUMN</b>					
<b>GRAND TOTAL</b>					

Please check the areas that you would like support (check as many as needed):

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Academic improvement<br><input type="checkbox"/> ACT/SAT Test Preparation<br><input type="checkbox"/> Career assessments/exploration<br><input type="checkbox"/> College scholarships/paying for college<br><input type="checkbox"/> College selection/tours<br><input type="checkbox"/> Communication/presentation skills<br><input type="checkbox"/> Creating an academic resume<br><br><input type="checkbox"/> Other: _____ | <input type="checkbox"/> Extracurricular engagement<br><input type="checkbox"/> Motivation & personal initiative<br><input type="checkbox"/> Networking<br><input type="checkbox"/> Organization<br><input type="checkbox"/> Stress management<br><input type="checkbox"/> Study habits<br><input type="checkbox"/> Time management |
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List your top 3 strengths:	List your top 3 weaknesses:
1. 2. 3.	1. 2. 3.

List your three primary goals or areas of focus this year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How can your CROWNS Coach and team support you with your goals?

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