

DIRECTIONS FOR WRITING A SELF-EVALUATION OF STRENGTHS AND WEAKNESSES

THE ASSESSMENT AND SELF-REFLECTION PAPER NEED TO BE DONE IN MARCH OF
EACH YEAR

1. Rate each of the **25 graduation goals** 0 to 4 using the legend on the chart as a guideline. Circle the goals that you rate 4 and goals that you rate 0 or 1.

2. Write a four paragraph paper, 6-8 sentences per paragraph, in which you discuss 2 or 3 strengths (items you rated 4) and 2 or 3 weaknesses (items you rated 0 or 1). Include the following information.

Paragraph 1: This is an introductory paragraph. Tell what grade you are in, what courses you are taking and any other relevant information about yourself that relates to goal setting.

Paragraph 2: Identify 2 or 3 strengths from the chart. Give evidence that shows you are strong in the areas you chose. Tell how you developed these strengths.

Paragraph 3: Identify 2 or 3 weaknesses from the chart. Give evidence that shows you are weak in the areas you chose. Cite factors that might have contributed to these weaknesses.

Paragraph 4: This is a concluding paragraph. Tell whether or not you plan to work to improve your areas of weakness. If so, how will you do it? If not, why not?