

Learning & Soft Skills Scorecard

Directions: Rate yourself on the following scale.

	#	Do you...	Always	Occasionally				Never
Lesson 2	1	Feel incapable of being successful in school?	1	2	3	4	5	
	2	Feel 'dumb' or less intelligent than others?	1	2	3	4	5	
	3	Feel that you are often slower at learning new things compared to others?	1	2	3	4	5	
Lesson 3	4	Think your intelligence and abilities cannot change over time?	1	2	3	4	5	
	5	Study just to pass tests rather than to truly learn the information?	1	2	3	4	5	
	6	Give up easily when tasks become difficult instead of trying new strategies to overcome challenges?	1	2	3	4	5	
Lesson 4	7	Feel homework and studying take up too much of your free time?	1	2	3	4	5	
	8	Struggle to balance schoolwork with personal time for hobbies and socializing?	1	2	3	4	5	
	9	Often delay starting homework or studying until the last minute?	1	2	3	4	5	
Lesson 5	10	Fail to set and stick to your academic goals?	1	2	3	4	5	
	11	Lose focus and feel overwhelmed by your schoolwork?	1	2	3	4	5	
	12	Find it difficult to handle multiple tasks without feeling overburdened?	1	2	3	4	5	
Lesson 6	13	Struggle to manage time or feel homework takes too long?	1	2	3	4	5	
	14	Have trouble remembering due dates and/or test dates? Do you often have late/missing work or are unprepared for taking quizzes/tests?	1	2	3	4	5	
	15	Feel that your parents nag too much or fail to give you advance notice about events and tasks?	1	2	3	4	5	
Lesson 7	16	Lose your homework before you get home to do it?	1	2	3	4	5	
	17	Complete your homework but then lose it before you can turn it in?	1	2	3	4	5	
	18	Bring the wrong folders/notebooks to class or struggle with an overly heavy bookbag?	1	2	3	4	5	
	19	Have difficulty keeping your digital and paper files organized and easily accessible?	1	2	3	4	5	
Lesson 8	20	Get distracted by clutter in your personal spaces and waste time searching for items?	1	2	3	4	5	
	21	Lose things or forget school supplies because of a messy bookbag?	1	2	3	4	5	
	22	Lose items and time due to a disorganized locker?	1	2	3	4	5	
Lesson 9	23	Feel rushed and/or stressed getting ready for school in the morning?	1	2	3	4	5	
	24	Miss fun activities because homework and school take up too much time?	1	2	3	4	5	
	25	Feel stressed or overwhelmed by your daily and school tasks?	1	2	3	4	5	

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	#	Do you...	Always	Occasionally				Never
Lesson 10	26	Feel overwhelmed or bored when reading textbooks?	1	2	3	4	5	
	27	Need a long time to read nonfiction, particularly textbooks?	1	2	3	4	5	
	28	Find it difficult to understand or remember content from textbooks and nonfiction?	1	2	3	4	5	
Lesson 11	29	Hesitate to ask: for clarification, help, or contribute to class discussions?	1	2	3	4	5	
	30	Find it difficult to manage roles in group work?	1	2	3	4	5	
	31	Find it challenging to resolve conflicts with classmates?	1	2	3	4	5	
Lesson 12	32	Struggle to pay attention during lectures or instructional videos?	1	2	3	4	5	
	33	Have trouble taking good notes?	1	2	3	4	5	
	34	Struggle to organize your notes for later study?	1	2	3	4	5	
Lesson 13	35	Feel overwhelmed and/or bored by having to study and learn new information?	1	2	3	4	5	
	36	Study hard yet still feel disappointed with your grades?	1	2	3	4	5	
	37	Struggle to adapt your study strategies for different subjects?	1	2	3	4	5	
	38	Dread having to learn the meanings of new terms?	1	2	3	4	5	
Lesson 14	39	Experience anxiety or nervousness while taking tests?	1	2	3	4	5	
	40	Begin answering test questions immediately, without first reviewing them to plan your strategy?	1	2	3	4	5	
	41	Lack confidence in using different strategies for various test types, such as multiple choice, true/false, fill-in-the-blank, and essay?	1	2	3	4	5	
Lesson 15	42	Feel overwhelmed by writing assignments?	1	2	3	4	5	
	43	Struggle to organize your thoughts and/or research for a paper?	1	2	3	4	5	
	44	Struggle to compose your thoughts and research into clear sentences and paragraphs?	1	2	3	4	5	
Lesson 16	45	Feel overwhelmed by the number of grammar and punctuation rules to learn?	1	2	3	4	5	
	46	Struggle to remember and correctly apply grammar rules when writing?	1	2	3	4	5	
	47	Hesitate to write due to confusion over grammar and punctuation rules?	1	2	3	4	5	
Lesson 17	48	Feel fear or anxiety over speaking in front of an audience?	1	2	3	4	5	
	49	Feel overwhelmed preparing content for presentations?	1	2	3	4	5	
	50	Find it challenging to gather content and coordinate visual aids for a presentation?	1	2	3	4	5	
Lesson 18	51	Feel shocked or disappointed by grades on your report card?	1	2	3	4	5	
	52	Fail to set and track goals effectively?	1	2	3	4	5	
	53	Get discouraged by setbacks and lose focus?	1	2	3	4	5	