



# Satchel Pulse

Example High School Student  
Self-assessment



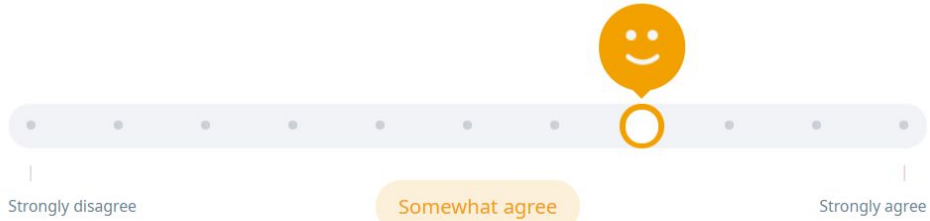
# Read and Rate

- Read the question/statement carefully.
- Slide the slider to show how much you agree/disagree with the question.

**Note:**  
The frowny face does not mean you are bad. It just means you do not agree with the statement.

## Question 1

When I am upset, I am able to keep my thoughts and feelings from affecting others



## Question 2

I can stay calm when things/people are bothering me



Strongly disagree

Strongly disagree

Reset

# Work Carefully

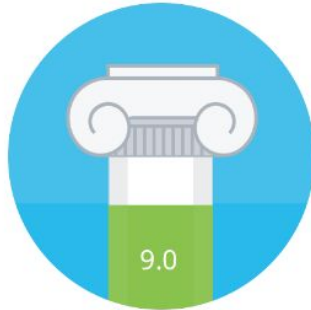
- There are 25 questions in your self-assessment.
- Think carefully about each question and rate how much you agree with each question on MOST days.

Question 1

When I am upset, I am able to keep my thoughts and feelings from affecting others 🔊

Strongly disagree | Somewhat agree | Strongly agree

Reset



Skills assessment for  
Kendall Lozano (Grade 8)

Please select preferred language:

 English (USA) ▾

Begin assessment

Question 1

I think before I act, even when I am upset



Question 2

English (USA) ▾

I stay calm when things/people are bothering me



Question 3

I set goals to help me achieve the things I want to accomplish



Strongly disagree

Strongly agree

Question 4

English (USA)

I come to class well prepared with everything I need





Question 5

English (USA) ▾

I complete my work/projects on time



Question 6

I continue with work/tasks even if they get hard



Question 7

I use emotional vocabulary to describe exactly how I am feeling



Question 8

English (USA)

I know what I am good at and the things I need to work on



Question 9

English (USA)

I know what I am good at



Question 10

I am confident in my decisions and actions



Strongly disagree

Strongly agree

Question 11

English (USA) ▼

I can learn anything if I try



Question 12

English (USA)

I can see problems and situations from other people's point of view





Question 13

English (USA) ▼

I am good at understanding how other people feel



Question 14

I understand and respect differences among people



Question 15

I respect other's things and feelings



Question 16

I speak clearly to others so they understand exactly what I say and mean



Question 17

English (USA) ▼

I get along well with others



Strongly disagree

Strongly agree

Question 18

I know how to build good relationships with others



Question 19

English (USA)

I work well in a team, and others tell me that as well



Question 20

I think about a problem before acting





Question 21

English (USA)

I analyze all the parts of a problem to make a good decision



Question 22

I think of and use effective solutions to problems



Question 23

I consider all options and their consequences when making a decision



Question 24

English (USA) ▼

I reflect on whether the decisions I've made are good



Question 25

English (USA)

I understand how my choices affect others, and try to be honest and fair





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