

My Evaluation Worksheet

Remember! You will not be able to complete this Worksheet until you have completed the activity summarised your **Target Setting Worksheet**

1. Area of Challenge (Tick Box):

- Being Active
- Being Creative
- Volunteering & Work Experience
- Adventure Skills
- Brain Training
- Just for Fun!



2. When and where did you successfully complete this activity?

3. How would you evaluate yourself in each of the following areas? (1 = not so good, 5 = excellent)

How well do you think you communicated with others?	1	2	3	4	5
How well do you think you worked as part of a team?	1	2	3	4	5
How well do you think you dealt with any problems?	1	2	3	4	5
How much initiative and creativity do you think you showed?	1	2	3	4	5
How well do you think you coped when things didn't go right?	1	2	3	4	5

4. Which part of this activity did you find **MOST CHALLENGING**?

5. Look back at your TARGET SETTING WORKSHEET and the TOP 10 EMPLOYABILITY SKILLS reference sheet. Summarise what skills and experiences you gained from this activity.

Talk to your Tutor if you need help with this.

Add more bullet points on the back of this sheet if you need to.

A large rounded rectangular box with a green border, containing ten bullet points on the left side for summarizing skills and experiences.

6. Authorisation Signature: My Tutor has seen the evidence provided and agrees that I have successfully completed these activities.

Name of Tutor:

Signature of Tutor: