



# Handout 6: Post-Event Self-Assessment

Date: \_\_\_\_\_ Name of Trainer: \_\_\_\_\_

Now that you've received the training content of this module, please provide your best self-assessment on the following questions from your perspective **after the training event**.

1. On a scale of 1–4, with 1 being “Limited Understanding” and 4 being “Extensive Understanding,” how would you now rate your understanding of what constitutes student resilience after completing the training?

Limited Understanding		Extensive Understanding		Don't Know
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	<input type="checkbox"/>

2. On a scale of 1–4, with 1 being “Not at All Confident” and 4 being “Highly Confident,” how would you now rate your level of confidence in each of the following knowledge areas related to student resilience after completing the training?

- a. Explaining the definition of resilience.

Not at All Confident		Highly Confident		Don't Know
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	<input type="checkbox"/>

- b. Differentiating between stress that is necessary for growth and stress that is damaging and toxic.

Not at All Confident		Highly Confident		Don't Know
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	<input type="checkbox"/>

- c. Identifying the negative effects of trauma.

Not at All Confident		Highly Confident		Don't Know
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	<input type="checkbox"/>

- d. Describing the four factors that promote student resilience.

Not at All Confident		Highly Confident		Don't Know
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	<input type="checkbox"/>



3. On a scale of 1–4, with 1 being “Not at All Willing” and 4 being “Very Willing,” how likely are you to use any of the knowledge and skills you have learned in this training, should the opportunity arise?

Not at All Willing		Very Willing		Don't Know
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	<input type="checkbox"/>

4. Identify one new strategy to support student resilience, as presented in this training, that you are willing to use in your daily work with students.

***Thank you! Please return your completed form to the trainer.***

