



Handout A: Pre-Event Self-Assessment (Optional)

Date: _____ Name of Trainer: _____

This brief assessment asks you to consider your level of knowledge related to student resilience and your level of confidence in various topics that will be presented in this training module. Please provide your best self-assessment on the following questions from your perspective **before the training event**.

1. On a scale of 1–4, with 1 being “Limited Understanding” to 4 being “Extensive Understanding,” how would you rate your understanding of what constitutes student resilience as you begin this 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 rate your level of confidence in each of the following knowledge areas related to student resilience as you begin this 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"/>

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

