



# 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 how to build resilience in all students in the classroom 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. Describing how building resilience helps students learn to cope with stress and 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"/>

- b. Selecting strategies to build resilience in the classroom.

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 strategies you may already be using to help students build 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. Identify one new strategy for building 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.**

