



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

Date: _____ Name of Trainer: _____

This brief assessment asks you to consider your level of knowledge related to building student resilience in the classroom 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” and 4 being “Extensive Understanding,” how would you rate your understanding of how to build resilience in all students in the classroom 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 as you begin this 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"/>

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

