

High School Skills Inventory

Skill	Proficient = P	Partially Proficient = PP	Not Proficient = NP	Comments/Reflections
Do I demonstrate adequate study skills? <i>Do I use study skills successfully enough to score acceptable grades on tests/quizzes?</i>				
Do I demonstrate adequate organizational skills? <i>Do I use organizational skills well enough to <u>consistently and easily</u> locate school materials? Am I prepared for class each day?</i>				
Can I identify the appropriate high school classes and levels of classes to meet my educational needs/goals?				
Do I have good time management skills? Do I know how to keep track of what I need to do and when it needs to be done?				
Can I identify potential career and employment options based on my interests?				
Can I identify at least two extracurricular activities at my high school (clubs and/or sports) in which I would like to participate?				
Do I utilize healthy/positive coping skills that help me when things get difficult and/or stressful?				
Do I self-advocate to get help from teachers when I need help or have questions?				
Can I appropriately identify and verbalize my needs and emotions in my social interactions with peers/friends?				
Do I take responsibility for my own actions and behaviors?				
Can I identify the signs and symptoms in myself to recognize when I need to take time for myself?				
Total Skill Ratings				