### Motivation/Study Skills Group Pre/Post Test

Please answer each question HONESTLY! There are NO right or wrong answers. Your answers are anonymous.

\* Required

#### Attitudes and Beliefs \*

	Strongly Disagree	Disagree	Agree	Strongly Agree
I feel confident in my ability as a student and a learner.	0	0	0	0
I believe I am responsible for my own success in school.	0	0	0	0
I am intrinsically motivated to be successful in school.	0	0	0	0
I am extrinsically motivated to be successful in school.	0	0	0	0
I believe every class I take in high school prepares me for my future career.	0	0	0	0

#### Knowledge and Skills \*

\*Note the different between KNOWING HOW to do something and actually DOING IT on a regular basis.

	Strongly Disagree	Disagree	Agree	Strongly Agree
I know how to manage my time.	0	0	0	0
I manage my time effectively and find balance between all my activities (e.g., school work, studying for tests, extracurriculars/sports,	0	0	0	0

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spending time with friends, etc.).				
I know how to study for a test.	0	0	0	0
I put time and effort into studying for every test.	0	0	0	0
I know how to stay organized for school (e.g., backpack, folders, assignments, apps on iPad, etc.).	0	0	0	0
I keep myself organized for school and am able to find all my assignments/materials quickly and easily.	0	0	0	0

### What are 3 behaviors of successful students? \*

Your answer

# What are 2 things you have done this week to be successful in school? \*

Your answer

#### What would you like to do as your future career? \*

Your answer

# What are 3 steps/actions you will take to reach your future career?

Your answer

What are the 3 domains of motivation? \*

Your answer

# Please list 3 resources/people who can help you overcome challenges related to your success in school. \*

Your answer

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