

SELF-ASSESSMENT WORKSHEET

THE TASK YOU WILL DO.

BEFORE THE TASK.

How long it will take	How well I will do (number of errors)	What errors I might make	My strategies to make up for possible errors
____ minutes	_____ errors	1. 2. 3.	Support people: Reminders: Other:

DURING THE TASK.

Start Time	End Time	Number of Breaks

AFTER THE TASK.

How Long Did it Take?	How Many Errors Did I Make?

Did the task take longer or shorter than I predicted? Why? _____

Did I make more or less errors than I predicted? Why? _____

What impacted how well I did? _____

What strategies helped me perform better? _____

What strategies could I use to perform better next time? _____