

# Work habits self-assessment

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## Student instructions

To build resilience, it's important to set goals you can achieve. Learn from your mistakes, and try again if things don't go to plan. Think about a time you learned a new skill outside of school. What helped you persevere? How did you demonstrate resilience when it was challenging?

- 1 Now think about a particular school assignment or task and complete the **Work habits self-assessment worksheet** from your teacher.
- 2 Upload a copy of your self-assessment to a Xello **About me Storyboard**. On your student dashboard, select **Portfolios**, then select **Add portfolio**. Title your portfolio **Work habits** and include a short description in the text box. Select **Create portfolio**. Add a section to your portfolio using the title **Work habits self assessment**. Select **External media**, then **Next** and upload your **Work habits self assessment** to your portfolio.
- 3 Based on your self-assessment, add and rate resilience and perseverance in your **Skills** section on your Xello **About me** profile.