

Work Habits Self-Assessment

Student Instructions

In order to develop resilience, it's important to be realistic about setting and striving towards goals, learning from one's mistakes, and trying again. 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 your Xello **About Me Storyboard**
- 3 Based on your self-assessment, add and rate resilience and perseverance in your **Skills** section on your Xello **About Me** profile.