



Student Name: _____

Class: _____

Student ID: _____

Date: {{DATE}}

Assessment Details

Duration: 30 minutes

Total Marks: 60

Topics Covered:

- Self-Awareness
- Personal Development
- Goal Setting
- Reflection and Evaluation

Instructions to Students:

1. Read all questions carefully before attempting.
2. Show all working out - marks are awarded for method.
3. Use the spaces provided for your answers.
4. If you need more space, use the additional pages at the end.
5. Time management is crucial - allocate approximately 1 minute per mark.

Section A: Multiple Choice [20 marks]

Question 1

[2 marks]

What is self-awareness?

A) The ability to recognize your strengths and weaknesses

B) The ability to set and achieve personal goals

C) The ability to understand and manage your emotions

D) The ability to communicate effectively with others

Question 2

[2 marks]

What are the benefits of setting personal goals?

A) Improved self-awareness and self-esteem

B) Increased motivation and focus

C) Better time management and organization

D) All of the above

Question 3

[2 marks]

How can self-awareness help you make informed decisions?

A) By recognizing your strengths and weaknesses

B) By understanding your values and goals

C) By considering different perspectives and options

D) By seeking feedback from others

Question 4

[2 marks]

What is the importance of recognizing individual values?

A) It helps you make informed decisions

B) It helps you set and achieve personal goals

C) It helps you understand and manage your emotions

D) It helps you communicate effectively with others

How can you apply self-awareness to improve your relationships with others?

A) By recognizing and respecting differences

B) By communicating effectively and actively listening

C) By being empathetic and understanding

D) By setting and maintaining healthy boundaries

Section B: Short Answer Questions [20 marks]

Question 6

[4 marks]

What are your personal strengths and how do they relate to your interests?

Question 7

[4 marks]

What are your short-term and long-term goals, and how do they align with your values?

Question 8

[4 marks]

Describe a situation where you demonstrated self-awareness and reflection skills.

Question 9

[4 marks]

How do you think self-awareness can help you improve your relationships with others?

What strategies do you use to achieve your personal goals, and how do you stay motivated?



Question 11

[20 marks]

Reflect on your personal strengths and interests, and explain how they relate to your career aspirations. Be sure to provide examples and supporting evidence to demonstrate your self-awareness and reflection skills.



Conclusion

Thank you for completing this assessment. Remember that self-awareness and personal development are ongoing processes that require effort and dedication. Take the time to reflect on your strengths, interests, values, and goals, and use this knowledge to make informed decisions and achieve your aspirations.

Marking Guide

Section A: Multiple Choice	1 point each
Section B: Short Answer Questions	4 points each
Section C: Essay Question	20 points

Note to Teachers

Please provide clear instructions and examples for each section of the assessment. Allow students to ask questions and seek clarification before starting the assessment. Encourage students to use their time wisely and manage their time effectively. Provide accommodations for students with special needs (e.g., extra time, use of a scribe).

Differentiation Options

For students with learning difficulties: provide extra time, use of a scribe or assistive technology, simplify language and tone. For English language learners: provide bilingual dictionary or glossary, use visual aids and examples, allow students to complete assessment in native language. For gifted and talented students: provide additional challenges and extensions, encourage critical thinking and problem-solving skills, allow students to complete assessment in self-directed manner.

