

nurturing potential



Session: 'Assessing Your Own Performance'

This session was developed as part of the curriculum requirements in a junior school, and acts as a useful exercise in constructive self- evaluation compared to the content and objectives of Stress-Free-Kids™, and expected outcomes of the school environment.

Pre-session Preparation

Copies of worksheets

PowerPoint Slides

Learning Objective

To support participants in developing an understanding and appreciation for a constructive and honest reflection of personal performance and achievement.

Two minute recap of last session.

Hand out 'Assessing Your Own Performance' Session worksheet for personal notes

Ask children to write their name, date, and session number on the top of the sheet

Start the Session.

Discuss the meaning of Assessing Your Own Performance – a direct comparison would be school reports where teacher feedback is provided on each area of your school work and behaviour.

Dictionary Descriptions

Assess: "to judge", "value"

Performance: "actions", "doing", 'achievement compared to what was expected'

Constructive: "helpful"

Reflection: 'considering what has happened'

Therefore this exercise is for participants to judge their thoughts, words and actions of the **last week** and compare to how they think they were expected to perform. As part of the work they should reflect on;

- What did they do during the week – in school and outside of school?
- What have they learnt in the past week and how have they used it?
- What did they achieve in the week?
- What did they enjoy and why?
- What didn't they enjoy and why?
- Where didn't they perform as well as they would have liked, or as others expected.
- How could they improve in the future?
- How did they behave?

Participants should be prepared to share some of their personal assessment, and the group can be asked to support the individual to make changes where needed.

Relaxation – Last 5 minutes

Close session – thank participants for their time and contribution.

ASSESSING YOUR OWN PERFORMANCE



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Descriptions:

- Assess?
- “to judge”, “to value”
- Performance?
- actions”, “doing”, ‘achievement compared to what was expected’
- Constructive?
- “helpful”, “honest”, “thoughtful”, “feelings”
- Reflection?
- ‘considering what has happened’

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Questions to answer

- What did you do during the week – in school?
- What have you learnt in the past week and how have you used it?
- What did you achieve in school in the last week?
- What did you enjoy and why?
- What didn’t you enjoy and why?
- Where didn’t you perform as well as you would have liked, or as others expected.
- How could you improve in the future?
- How did you behave?
- Be completely honest with yourself, and be prepared to share some of you assessment with the rest of the group.

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Be descriptive:

What did you do? When did you do it?
What was it’s purpose? When will you know the outcome?
outcome?

Why did you do it?
Why did you feel that way about it?

How did you do it?
How did you perform compared to how you and others expected?
How could you feel differently about it?

Where did you do it?

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