

FLI Program Skills Checklist (Self Form)

Name: _____

Date: _____

Directions: This is a checklist developed to help determine your strengths and weaknesses. Please rate each item using the provided rating scale (0-3).

Rating Scale

0	1	2	3
Never	Rarely	Often	Almost Always
This is a serious problem for me.	This is difficult for me.	I can do this, but I am inconsistent or need help.	I do this consistently with little or no help.

Rating

Item

	I can use an organizational system to anticipate, plan for, and meet assignment deadlines, classes, and appointments.
	I maintain a system that allows easy access to learning supplies such as books, notebooks, pens/pencils, and calculators.
	I attend all classes unless excused.
	I arrive on time and prepared for all classes.
	I can record assignments, accurately writing down all pertinent information necessary to complete the assignment.
	I appropriately seek out help to understand and/or complete an assignment.
	I put forth a good effort and complete assignments to the best of my ability.
	I complete assignments on time.
	I maintain appropriate communication with teachers or tutors beyond an immediate emergency such as needing an extension.
	I communicate well with others.
	I recognize that others have valid viewpoints and opinions.
	I can listen to other viewpoints and ask clarifying questions during conversations.
	I maintain good personal hygiene in all areas with no support.
	I maintain my clothing and personal belongings in a way so that they are orderly and easily accessible.

	I have a sense of weekly, monthly, and yearly schedules and obligations.
	I can work with others to set and accomplish mutual goals.
	I can follow the leadership of another person when appropriate.
	I can take on leadership roles effectively.
	I am a good role model for other students.
	I can live with a roommate.
	I can recognize and label my emotions and states of mind.
	I can appropriately express my feelings and ideas in all areas of life.
	I can recognize connections between my thoughts, feelings, and behaviors.
	I can change my behavior when given corrective feedback by others.
	I can manage my anxiety when having difficulty.
	I effectively use a variety of strategies for coping and solving problems.
	I know how and where to find help for a variety of problems.
	I effectively resolve conflicts with others.
	I can recognize when assistance or intervention is needed.
	I can appropriately assess and prioritize the level of a current problem.
	I can help other people resolve their problems and conflicts without being intrusive.
	I appropriately ask for help – the right person, at the right time, and in a reasonable manner.

0	1	2	3
Never	Rarely	Often	Almost Always