

Self-Assessment of Change

Place an X on each scale to represent your corresponding ACES score from the beginning of the term. Then place another X on each scale to signify where you rate yourself today. Finally, draw an arrow on each scale from the first X to the second to get a visual representation of how you've improved or to identify the skills you might need to strengthen in the future.

Critical Thinking and Goal Setting



Motivation, Decision Making, and Personal Responsibility



Learning Preferences



Organization and Time Management



Reading



Note Taking



Memory and Studying



Test Taking



Information Literacy and Communication



Connecting with Others



Personal and Financial Health



Academic and Career Planning

