

SELF-IMPROVEMENT: WORK HABITS

STUDENT DAILY SELF-ASSESSMENT OF
WORK HABITS



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Instructions:

- Checklists are provided in a daily and weekly format.
- Color and grey-scale options are available.
- For remote sessions, screen share the desired checklist and have students complete using annotation tools in your teletherapy platform.
- For in-person sessions, print the desired checklist for paper-pencil completion.



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How did you do today?

DATE:	ROOM FOR IMPROVEMENT	MET THE EXPECTATION	WENT ABOVE AND BEYOND
WAS I ON TIME?			
DID I PAY ATTENTION?			
DID I FOLLOW ALL DIRECTIONS?			
WAS I ORGANIZED?			
DID I USE MY TIME WISELY?			
DID I GIVE MY BEST EFFORT?			
WAS I RESPECTFUL TO MY TEACHERS AND PEERS?			

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Was I on time?			
Did I pay attention?			
Did I follow all directions?			
Was I organized?			
Did I use my time wisely?			
Did I give my best effort?			
Was I respectful to my teachers and peers?			

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I'm **OWLbert**, your friendly guide from E-Therapy, the therapy experts. I hope you enjoy this activity! For more information about our online therapy services and to explore a wealth of activities and resources, be sure to visit our blog, **Empower**.

E- Therapy is dedication to supporting your onsite and virtual needs.

We're here to help you soar!

Click here to discover all our resources and take your therapy sessions to the next level!

Warmly,
OWLbert

