



Canadian TCSL Association



SELF ASSESSMENT

A self-assessment for an overseas experience helps students reflect on their learning and development during their time abroad. It encourages critical thinking, self-awareness, and the identification of areas for growth, both personally and professionally.

1. Name _____

2. Why do you want to participate in this program?

3. What are your expectations in this program? What do you hope to achieve?

4. What are 3 things you are most looking forward to in this experience?

1.) _____

2.) _____

3.) _____

5. What are 3 things that currently worry you?

1.) _____

2.) _____

3.) _____

6. What do you think are the challenges of having a roommate ?

7. Do you agree with the following statement?

	Extremely disagree	Somewhat disagree	Neutral	Somewhat agree	Extremely agree
I am an introvert	☐	☐	☐	☐	☐
I am a social person.	☐	☐	☐	☐	☐
I enjoy spending time with friends.	☐	☐	☐	☐	☐
I am a team player.	☐	☐	☐	☐	☐
I prefer to do things on my own..	☐	☐	☐	☐	☐
I manage stress well.	☐	☐	☐	☐	☐
I seek help promptly when I sense the need.	☐	☐	☐	☐	☐

8. What is one thing that you are most proud of about yourself?

9. What are some contributions you can make to the group?

10. Is there anything else you would like the organizer to know about yourself?
