

Supervisor Assessment : Self-Regulation Skills

Complete this assessment as the student participates in work or volunteer experiences, school-based vocational training experiences, and/or group work assignments in the classroom or community. Consider selecting specific questions that are problematic or potential issues for the individual.

Employee/Student Name: _____ **Date:** _____

	1 NEVER	2 SOMETIMES	3 MOST OF THE TIME	4 ALWAYS
1) The employee/student recognizes and identifies signs of increasing stress and frustration.				
2) The employee/student can describe appropriate coping strategies to use in stressful situations.				
3) The employee/student responds to stressful situations in an appropriate manner.				

Specify situations in which the individual showed signs of stress, frustration, fatigue or discomfort. Did the individual cope with these situations well?

	1 NEVER	2 SOMETIMES	3 MOST OF THE TIME	4 ALWAYS
4) The employee/student can describe the accommodations that he needs (under ADA or IDEA).				
5) The employee/student seeks out reasonable adjustments to the school/work setting to address his concerns while assuring quality and speed of work.				

Specify situations in which the individual sought out adjustments/accommodations. Did he do this in an appropriate and effective manner?

	1 NEVER	2 SOMETIMES	3 MOST OF THE TIME	4 ALWAYS
6) The employee/student appropriately identifies his strengths in the school/work environment so that his supervisor can use these when needed to complete necessary jobs.				

Specify situations in which the individual self-advocated to use his strengths. Did the individual note his strengths appropriately and professionally?

	1 NEVER	2 SOMETIMES	3 MOST OF THE TIME	4 ALWAYS
7) The employee/student engages only in appropriate public behavior while at work.				

Specify situations in which the individual engaged in any behavior that was not appropriate for public settings.

	1 NEVER	2 SOMETIMES	3 MOST OF THE TIME	4 ALWAYS
8) The employee/student refrains from asking repetitive questions or making repetitive statements.				

Specify situations in which the individual engaged in any repetitive verbal behavior.

	1 NEVER	2 SOMETIMES	3 MOST OF THE TIME	4 ALWAYS
9) The employee/student refrains from over-focusing on making his environment or work activities 'just right.'				

Specify situations in which the individual engaged in any behavior that had an 'over-focused' or compulsive quality.

	1 NEVER	2 SOMETIMES	3 MOST OF THE TIME	4 ALWAYS
10) The employee/student recognizes and responds appropriately to any bullying behaviors.				

Specify situations in which the individual demonstrated an ability to respond to bullying appropriately.

Additional comments or concerns:
