

# Welcome to The 3R's for Youth Resilience, Responsibility and Respect in the Workplace Module 1 - 3R's Pre-Assessment

## Resilience, Responsibility and Respect

Complete the self-assessment for each of the three areas. Keep this for the end of the program to see how the program helped increase your knowledge and skills of Resilience, Responsibility and Respect.

If you haven't had a job yet, rate the statements from being in school - "At school".

1 = Never or rarely    2 = Sometimes    3 = Often    4 = Always or almost always

	In my last job
Resilience	
1. I bounced back quickly from difficult situations.	
2. I didn't resort to harmful substances when something bad set me off.	
3. I didn't miss work when bad things happen.	
4. I regularly ate food that made me stronger and healthier.	
5. I exercised regularly.	
6. I trusted myself, my intuition and my abilities.	
7. I thought of multiple ways to solve problems.	
8. I found healthy ways to deal with stress.	
9. I thought about what I'm grateful for.	
10. I had friends who bring out the best in me.	

<b>Responsibility</b>	
1. I had good attendance in the workplace.	
2. I didn't blame others for my mistakes.	
3. I encouraged my coworkers when they did a good job.	
4. I faced the consequences of my mistakes.	
5. My boss could depend on me.	
6. I kept promises that I made.	
7. People would say that I was dependable.	
8. I didn't make excuses for my actions.	
9. I balanced the obligations of my family with my commitment to the workplace.	
10. I was committed to become a better version of myself.	
<b>Respect</b>	
1. I treated people with courtesy, politeness, and kindness.	
2. I listened to other people's opinions and ideas.	
3. I listened to what others have to say before expressing my viewpoint.	
4. I never spoke over, butt in, or cut off another person.	
5. I listened, really listened, and I didn't formulate rebuttals and responses in my mind when I needed to focus on listening to the other person.	
6. I used peoples' ideas to change or improve what I do.	
7. I did not insult people, use name calling, disparage or put down people or their ideas.	
8. I did not nit-pick, criticize over little things, belittle, judge, demean or patronize.	

9. I treated people the same no matter their race, religion, gender, size, age, or country of origin.	
10. I respected everyone in the workplace, from the lowest to the highest position.	