

Assessment Quiz

Interested in developing your purpose, resourcefulness, optimism and perseverance as a way of improving your resilience? The first step is to use the quiz below to assess your current strengths, and identify opportunities for growth and improvement.

1. Before you start engaging with Success at York, score yourself against each question, then add together the scores for each section - this will give an indication of where to start your Success at York journey. Place this initial score in the “Before” box for each section.
2. When you’ve engaged with Success at York and its resources, come back and reassess where you are. Put this score in the “After” box, and notice how far you have come!

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
PURPOSE				
I frequently use previous experiences to tackle new challenges	1	2	3	4
I have a strong sense of who I am	1	2	3	4
I regularly practise setting goals for myself and working to attain them	1	2	3	4
When I plan for my future, I consider how I can improve others’ lives and/or the environment	1	2	3	4
I am committed to self-development	1	2	3	4
TOTAL	Before		After	
RESOURCEFULNESS				
I have a clear idea of why I am pursuing my degree	1	2	3	4
I recognise the importance of making friendships alongside my work/studies	1	2	3	4
I know how to access and use the various resources provided by the university	1	2	3	4
I know who I can turn to when I don’t know how to handle a situation	1	2	3	4
TOTAL	Before		After	

OPTIMISM				
When university gets stressful, I can keep focused	1	2	3	4
I recover quickly after a personal challenge or emotional disappointment	1	2	3	4
When a problem arises, I engage in self-care before trying to find a way forward	1	2	3	4
I do not try to control every situation I encounter	1	2	3	4
TOTAL	Before		After	
PERSEVERANCE				
I do not spend a great deal of time focusing on past failures	1	2	3	4
When things look hopeless, I do not give up	1	2	3	4
I do not take negative feedback personally, but instead use it to try and improve	1	2	3	4
I push through personal and emotional difficulties	1	2	3	4
After a bad experience, I do not assume all social situations will be the same	1	2	3	4
TOTAL	Before		After	

Scores:

- 4 - 8 indicates opportunities for improvement
- 9 – 14 indicates an area which could be improved with further focus
- 15 - 20 indicates an area of strength - keep it up!

Now take a look through the resources, activities and information on the [Success at York Toolkit](#) and get inspired!

NOTES:

