



## Self-evaluation form

### BACKGROUND QUESTIONS

**Instruction for filling:** Tick the appropriate alternative or write your answer to the space reserved.

Name:

Date:

Department

- Joinery       Metal       Textile       Office  
 Other, what

Sex

- Male       Female

Age

- under 25 years       25-39 years       40 years or over 40

Education

- Comprehensive school or elementary school       Vocational training       Upper secondary school       Higher education       Not graduated from comprehensive school  
 Other, what

Form of employment

- Training for working life       Traineeship       Work try-out       Other, what

Period of unemployment before starting at Meriko

- less than 1 year       1-5 years.       more than 5 years

What kind of employment or training will you be seeking after Meriko?

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Evaluate how well the statements apply to you. Also evaluate the change in how well the statements apply to you after having been at Meriko Factory.

	Applies very badly to me	Applies rather badly to me	In betwee n	Applies rather well to me	Applies very well to me	Change in how well the statement applies to me		
<b>COMMITMENT TO ACTIVITIES</b>								
1) I want to take part in activities promoting my chance of becoming employed	1	2	3	4	5	Decreased	No change	Increased
2) I want to enter working life	1	2	3	4	5	Decreased	No change	Increased
<b>WORK PERFORMANCE</b>								
3) It is easy for me to arrive at work in time	1	2	3	4	5	Decreased	No change	Increased
4) I take care of reporting when I am absent from work	1	2	3	4	5	Decreased	No change	Increased
5) I work according to the instructions given	1	2	3	4	5	Decreased	No change	Increased
6) The quality of my work is important for me	1	2	3	4	5	Decreased	No change	Increased
7) I have the handicraft skills needed in my work	1	2	3	4	5	Decreased	No change	Increased
8) I have the knowledge needed in my work	1	2	3	4	5	Decreased	No change	Increased
9) I have enough work experience to be able to manage as well as others	1	2	3	4	5	Decreased	No change	Increased
10) I am able to work fast, if needed	1	2	3	4	5	Decreased	No change	Increased
11) I don't get nervous even if the time schedule is very tight	1	2	3	4	5	Decreased	No change	Increased
12) I enjoy working with others	1	2	3	4	5	Decreased	No change	Increased
13) Good relations with fellow workers important for me	1	2	3	4	5	Decreased	No change	Increased
14) I don't usually act in a rash moment	1	2	3	4	5	Decreased	No change	Increased
15) I can finish my tasks independently	1	2	3	4	5	Decreased	No change	Increased
16) Self-initiativeness is natural for me	1	2	3	4	5	Decreased	No change	Increased
17) Small things don't disturb my concentration on work	1	2	3	4	5	Decreased	No change	Increased
18) I can work long without breaks	1	2	3	4	5	Decreased	No change	Increased
19) I don't get hurt easily of what I am told about my work	1	2	3	4	5	Decreased	No change	Increased
20) I don't usually stress about small things	1	2	3	4	5	Decreased	No change	Increased

	Applies very badly to me	Applies rather badly to me	In betwee n	Applies rather well to me	Applies very well to me	Change in how well the statement applies to me		
<b>LEARNING</b>								
21) I am satisfied with my previous school performance	1	2	3	4	5	Decreased	No change	Increased
22) I have an interest in studying	1	2	3	4	5	Decreased	No change	Increased
23) I would like to study more	1	2	3	4	5	Decreased	No change	Increased
<b>EXPERIENCE OF HEALTH AND COPING</b>								
24) My appearance is important for me	1	2	3	4	5	Decreased	No change	Increased
25) Maintaining good physical condition is important for me	1	2	3	4	5	Decreased	No change	Increased
26) I pay attention to healthiness of food	1	2	3	4	5	Decreased	No change	Increased
27) I don't smoke too much in my opinion	1	2	3	4	5	Decreased	No change	Increased
28) I follow my health regularly	1	2	3	4	5	Decreased	No change	Increased
29) Physically I can manage much the same as others of my age	1	2	3	4	5	Decreased	No change	Increased
30) My use of intoxicants is not a source of concern for me	1	2	3	4	5	Decreased	No change	Increased
31) I don't think I am any worse than others	1	2	3	4	5	Decreased	No change	Increased
<b>LIFE SITUATION AND SOCIAL RELATIONS</b>								
32) Mainly nice things happen in my life	1	2	3	4	5	Decreased	No change	Increase d
33) I accomplish the things that I need to	1	2	3	4	5	Decreased	No change	Increase d
34) I am usually in a positive mood	1	2	3	4	5	Decreased	No change	Increase d
35) I am satisfied with my housing situation	1	2	3	4	5	Decreased	No change	Increase d
36) My economy is in order	1	2	3	4	5	Decreased	No change	Increase d
37) I have no worries about my near and dear ones	1	2	3	4	5	Decreased	No change	Increase d
38) I am able to enjoy life in my spare time	1	2	3	4	5	Decreased	No change	Increase d
39) I have good friends	1	2	3	4	5	Decreased	No change	Increase d

	Applies very badly to me	Applies rather badly to me	In between	Applies rather well to me	Applies very well to me	Change in how well the statement applies to me		
<b>OUTLOOK ON FUTURE</b>								
40) I have not done any more unwise things in my life as anyone else	1	2	3	4	5	Decreased	No change	Increased
41) The solutions have always been in my own hands in the end	1	2	3	4	5	Decreased	No change	Increased
42) It is always worth trying to make one's life better	1	2	3	4	5	Decreased	No change	Increased
43) I look forward to what tomorrow brings	1	2	3	4	5	Decreased	No change	Increased
44) I am confident about my own future	1	2	3	4	5	Decreased	No change	Increased
45) It is completely possible that my situation is better in a year or two than now	1	2	3	4	5	Decreased	No change	Increased
46) I have not failed any more than anyone else	1	2	3	4	5	Decreased	No change	Increased

**MY FREE COMMENTS**

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You can also give feedback about this survey. Were there too many questions? Was some question especially difficult to answer? Which question and why? Was something essential missing? etc.

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