

ARE YOU INDEPENDENT?

Do you take responsibility for yourself?

Do you take responsibility for others?

Do you help in your family, in your school and in your community?

Or, are you **DEPENDENT**, relying on others to do things for you and look after you?

Answer our Dependency Questionnaire, please.

Be honest with yourself

Answer either 'yes', 'sometimes' or 'no'

	answer	points
<u>When you wake up:</u>		
Do you wake up yourself?	_____	___
Do you tidy your bed?	_____	___
Do you fold your night dress/ pyjamas?	_____	___
Do you make your own breakfast?	_____	___
Do you make breakfast for anyone else?	_____	___
Do you clear up after yourself?	_____	___
Do you use the money you are given wisely?	_____	___
Do you iron your own clothes?	_____	___
Do you organize your own school bag?	_____	___
Do you pack you PE kit without being reminded?	_____	___
<u>Travelling to school:</u>		
Do you behave well on the bus?	_____	___
Do you think before crossing the road?	_____	___
Do you arrive on time?	_____	___
Do you encourage your friends to be on time?	_____	___

Tutor period:

Do you bring your equipment? _____

Do you bring your kit for PE? _____

Do you help others to do the right thing? _____

Do you support your tutor? _____

Do you bring a note if you are absent? _____

In lessons:

Are you always ready to learn? _____

Do you contribute to the lesson? _____

Do you ask when you don't understand? _____

Do you help your friends? _____

Do you know your National Curriculum levels? _____

Do you know how to improve? _____

Do you do your classwork well? _____

Is your effort grade always 'A'? _____

Lunchtime:

Do you always clear away your plates and rubbish at lunch?

Do you encourage others to do the same? _____

Do you use the library? _____

Do you go to lunchtime classes? _____

After school:

Do you travel sensibly on the bus? _____

Are you careful crossing the road? _____

Do you phone home if you are late? _____

When you are at home:

Do you put your things in the right place? _____

Do you wash up? _____

Do you help get food ready? _____

Do you help with cleaning your home? _____

Do you tidy your bedroom? _____

Are you helpful to your family? _____

Do you do homework well? _____

Do you prepare for the next day at school? _____

With a friend count up the points you have scored

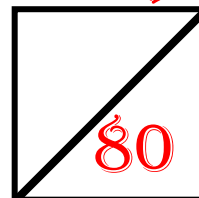
Yes = 2 Sometimes = 1 No = 0

WHAT'S YOUR SCORE?

60 marks or more = you are independent – Well done

40-59marks = you are getting there – Quite good

Below 40 = you are not independent and are currently not taking responsibility for yourself.



SOMETHING MUST CHANGE