

Emozi® High School Pre- and Post-Assessment: Character Development Skills

Name: _____ Date: _____

Grade Level: _____ Teacher: _____

Instructions for Teachers:

- Use this tool **before and after** teaching the *Emozi* curriculum to assess student growth.
 - The assessment consists of:
 - **20 Likert scale** questions (1–5 scale).
 - **5 short-answer observation** questions.
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Section 1: Likert Scale (1–5)

1 = Strongly Disagree | 2 = Disagree | 3 = Neutral | 4 = Agree | 5 = Strongly Agree

1. I can recognize and name my emotions accurately. _____
2. I understand how my emotions influence my behavior. _____
3. I am aware of my strengths and areas for improvement. _____
4. I take responsibility for my actions and decisions. _____
5. I can manage my emotions effectively in challenging situations. _____
6. I set personal goals and work towards achieving them. _____
7. I use strategies to cope with stress in a healthy way. _____
8. I demonstrate self-discipline and motivation in academic and personal tasks. _____
9. I show empathy towards others, even when they have different perspectives. _____
10. I recognize and respect cultural differences in my community. _____
11. I express gratitude and appreciation for people around me. _____
12. I can identify and use community resources when I need support. _____
13. I think critically before making decisions. _____
14. I consider the consequences of my actions on myself and others. _____
15. I demonstrate ethical behavior in academic, social, and personal settings. _____



16. I evaluate multiple solutions when solving problems. _____
 17. I communicate effectively with peers and adults. _____
 18. I work well in a team and contribute positively to group efforts. _____
 19. I can resolve conflicts respectfully and constructively. _____
 20. I build and maintain positive relationships with people from diverse backgrounds. _____
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Section 2: Short-Answer Observations

1. Describe a time when you effectively managed a difficult emotion. What did you do?
 2. Share an example of when you showed empathy toward someone else.
 3. What steps do you take when faced with a tough decision?
 4. Describe a time when you successfully worked as part of a team.
 5. What strategies do you use to handle stress or challenges in your daily life?
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Scoring and Reflection

- Compare pre- and post-assessment scores to measure student growth.
- Discuss results with students individually or as a group to encourage self-reflection.
- Use open-ended responses to personalize support strategies for students.

