

## Secondary School Linking

### School Link Day: Personal Evaluation Form - Class Visit Day

#### Before the day starts

1. Write one sentence that sums up how you are feeling as we travel to our link school.

---

---

---

2. Choose up to three feelings from the table below to say how you now feel.

Excited		Scared		Worried	
Shy		Curious		Happy	
Nervous		Cross		Unhappy	

3. Do you think the statement "I think I will be relaxed about meeting the others again" is true or false? (please circle)

#### At the end of the day

4. Please tell me the three best things about the day.

---

---

---

---

---

5. Can you suggest any changes that could be made to improve the day?

---

---

---

---

6. Write one sentence that sums up the day for you.

---

---

---

---

7. Please write up to three words that describe how you feel at the end of the day.

---

---

Decide how much you now agree with each comment.

- Put a tick in each one you think you AGREE with
- Put a question mark in nay that you are not sure about
- Put a cross next to the ones you DISAGREE with

I think the others we met understood me.	I think the others we met didn't understand me.	I'll need to meet them a few more times before I get relaxed.	I will try hard to stay in touch with the people we met.	I think I found I could trust someone who is different to me.
I worked well in a team with the others we met.	I didn't want to work in a team with the others we met.	I'll still feel nervous about working in a team with new people.	I was interested to find out what similarities we have.	I understand more about myself from meeting others.
I did learn interesting things about other people.	I didn't learn anything new.	I would encourage other students to take part in a link like this.		