

## Pre-Application Assessment

This self-assessment is designed to help you determine your level of readiness to become an Instructor of Companionship. Please rate yourself on the following items using the scale provided below.

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
I have a solid understanding of the goals of Companionship	1	2	3	4	5
I have experience with mental illness, poverty, substance abuse, and/or trauma	1	2	3	4	5
I am comfortable presenting in front of groups of 10-30 participants	1	2	3	4	5
I am comfortable adhering to a set curriculum of objectives, required talking points, and activities	1	2	3	4	5
I am an active member in a supportive congregation, organization, or community	1	2	3	4	5
My organization/community has made Companionship a priority program	1	2	3	4	5
The practice and sharing of Companionship is a priority for me	1	2	3	4	5
I am prepared to give adequate time to the work of Companionship	1	2	3	4	5
<b>Instructing Assessment:</b>					
I am willing and able to spend an average of 40 additional hours learning the curriculum prior to my first workshop	1	2	3	4	5
I intend to solicit feedback from others to improve my instruction	1	2	3	4	5
I am confident that I can plan and instruct 3 workshops in the coming year	1	2	3	4	5
I intend to invest in learning activities to support my mastery of the curriculum	1	2	3	4	5
I will promote and maintain fidelity of the Companionship Program	1	2	3	4	5
I am passionate about sharing the work of Companionship with others	1	2	3	4	5

The de-stigmatization of mental illness, substance use disorders, homelessness, and/or trauma is important to me	1	2	3	4	5
When facilitating groups, I can effectively draw people out or limit participation	1	2	3	4	5
I have the flexibility needed to work well with another instructor who has a different style of instruction or interaction	1	2	3	4	5
I can organize my thinking, speaking, and materials in order to effectively lead the workshop	1	2	3	4	5
I can monitor myself and adhere to a timed agenda throughout the workshop	1	2	3	4	5
<b>Personal Assessment:</b>					
People describe me as someone who can connect with diverse audiences	1	2	3	4	5
I am able to resist becoming defensive when challenged, I am able to understand the emotion underneath the challenge, and I am able to respond respectfully	1	2	3	4	5
My life experiences will serve as an asset to teaching Companionship	1	2	3	4	5
I am confident that I am emotionally ready to be an instructor (i.e. if I have experienced trauma, enough time and healing have taken place)	1	2	3	4	5
I am able to maintain my composure when participants disagree with or challenge me or the workshop content	1	2	3	4	5
<b>Total Score:</b>					
<i>Scoring Rubric</i>					
Extremely ready_____109-120					
Ready_____97-108					
Somewhat ready_____84-96					
Not ready_____83 and below					