

**My Age:** \_\_\_\_\_

**Self-Assessment: Who I Am (Mark "X" for all that apply)**

**Personal Status:**

- \_\_\_\_\_ Single
- \_\_\_\_\_ Married
- \_\_\_\_\_ Separated
- \_\_\_\_\_ Divorced
- \_\_\_\_\_ Engaged
- \_\_\_\_\_ Parent
- \_\_\_\_\_ Non-Parent
- \_\_\_\_\_ Employed
- \_\_\_\_\_ Unemployed

**Classification:**

- \_\_\_\_\_ Freshman
- \_\_\_\_\_ Sophomore
- \_\_\_\_\_ Junior
- \_\_\_\_\_ Senior
- \_\_\_\_\_ Graduate Student
- \_\_\_\_\_ International Student
- \_\_\_\_\_ Other

**Mindset—My Future Outlook:**

- \_\_\_\_\_ Optimistic
- \_\_\_\_\_ Depressed
- \_\_\_\_\_ Fearful
- \_\_\_\_\_ Uncertain
- \_\_\_\_\_ Okay—I've Got a Plan
- \_\_\_\_\_ Feeling like I'm not prepared
- \_\_\_\_\_ Other

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**Self-Assessment: My Real Life Issues (Mark "X" for my top "3")**

- \_\_\_\_\_ Balancing My Personal and Professional Life (especially as it relates to dating and starting families)
- \_\_\_\_\_ My Past (I'm really having a time picking up the pieces and moving on toward my goals.)
- \_\_\_\_\_ Self-Identity (I'm really struggling with who I am and what I want to become or known for.)
- \_\_\_\_\_ What Does It Mean to Be a Man/Woman?
- \_\_\_\_\_ How to Eliminate the Barriers That're Affecting My Ability to Reach Out for Help
- \_\_\_\_\_ Knowing When Self-Reliance is a Good Thing. Knowing When Self-Reliance Becomes a Weakness
- \_\_\_\_\_ How Does My Gender Impact My Ability or Willingness to Use My Available Resources?
- \_\_\_\_\_ Fitting In (I'm really struggling with how to fit in—home, work, school, with others, life in general.)
- \_\_\_\_\_ Relationships with African American Men/Women (how we treat each other; respect for others)
- \_\_\_\_\_ Mental Toughness and Sacrifice (Do I have what it takes to succeed in the business world?)
- \_\_\_\_\_ Financial Issues (I'm really struggling to survive)
- \_\_\_\_\_ The State of the African American Male/Female Community (and what I can do to improve it)
- \_\_\_\_\_ Police Brutality (my thoughts, emotions, and outlook)
- \_\_\_\_\_ How to Deal with Racism and Discrimination on Campus and in the Workplace
- \_\_\_\_\_ Other (Specify: \_\_\_\_\_)