# Self-Assessment Worksheet: How Environmentally Aware Am I?

Name: Blank Class: Blank Date: Blank

There are simple actions everyone can take to help support the health of the environment and the people who live in it. This assessment asks you to reflect on your choices and behaviors to see how environmentally aware you are. Respond to each statement in the following chart by selecting the response that is most accurate for you. When you are done, add up your points. The closer your score is to 21, the more environmentally aware you are in your choices.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Always | Sometimes | Never |
| I do not leave the water running when I am washing dishes or brushing my teeth.  | 3 | 2 | 1 |
| I carry a water bottle with me to school or work.  | 3 | 2 | 1 |
| I participate in recycling at home, work, and school. | 3 | 2 | 1 |
| I bring my own bags when I go shopping.  | 3 | 2 | 1 |
| I volunteer for projects, organizations, or school activities that help protect or clean up the environment. | 3 | 2 | 1 |
| I turn off my personal device at night or whenever I am not using it.  | 3 | 2 | 1 |
| I walk, ride a bike, or use public transportation (including the school bus).  | 3 | 2 | 1 |

My score for How Environmentally Aware Am I?= lank (total number of points)