# **SELF-ASSESSMENT QUESTIONNAIRE**

 **On entry and exit**

**ENTRY INFORMATION FOR THE TRAINER**

Self-evaluation is a tool for verification by the participant of their increase in knowledge and skills after a given training.

IT ALLOWS the trainer to compare participants' self-assessment before and after the training. On its basis, you can calculate the degree of self-esteem increase for a given participant.

THE FOLLOWING SELF-ASSESSMENT IS AN EXAMPLE OF THE SET OF QUESTIONS WHICH NEED TO BE ADAPTED TO THE SKILLS OF THE PARTICIPANTS AND THE TRAINING TOPIC.

THE NUMBER OF QUESTIONS IS BASED ON THE TRAINERS JUDGEMENT , LENGTH OF THE TRAINING AND THE TRAINING THEME

# **SELF- ASSESSMENT QUESTIONNAIRE**

**(UPON ENTRY)**

Dear participant,

We kindly ask you to fill in the self-assessment questionnaire below. We want to check your level of knowledge on particular issues at the beginning of our training.

In the survey, on individual questions, we ask on a scale of 1 to 5 (where 1 means - very low, 2 - low, 3 - enough, 4 - high, 5 - very high),in order to determine your attitude / opinion in the indicated fields.

For each question, please select only one answer on the scale.

The questions relate to your self-assessment in the field of practical skills in a selected thematic kitchen.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| SCALE | 1 | 2 | 3 | 4 | 5 |
| How do you assess your theoretical knowledge about Asian cuisine before you start training? |  |  |  |  |  |
| 1. How do you rate your knowledge of recipes regarding Asian cuisine before you start training?
 |  |  |  |  |  |
| 1. How do you rate your knowledge of products in Asian cuisine before you start training?
 |  |  |  |  |  |
| 1. How do you rate your practical skills in of Asian cuisine before you start training?
 |  |  |  |  |  |
| 1. How do you rate your knowledge on techniques used in Asian cuisine before starting training in the field?
 |  |  |  |  |  |

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| --- |
| **Personal information** **(please select the appropriate ):** |
| Sex:  |
| * Male
 | * Female
 |

Thank you for your participation!

# SELF-ASSESSMENT QUESTIONNAIRE

**(UPON EXIT )**

Dear participant,

We kindly ask you to fill in the self-assessment questionnaire below. We want to check your level of knowledge on particular issues at the END of our training.

In the survey, on individual questions, we ask on a scale of 1 to 5 (where 1 means - very low, 2 - low, 3 - enough, 4 - high, 5 - very high),in order to determine your attitude / opinion in the indicated fields.

For each question, please select only one answer on the scale.

The questions relate to your self-assessment in the field of practical skills in a selected thematic kitchen.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| SCALE | 1 | 2 | 3 | 4 | 5 |
|  How do you assess your theoretical knowledge about Asian cuisine after you completed the training ? |  |  |  |  |  |
| 1. How do you rate your knowledge of recipes regarding Asian cuisine after you completed the training?
 |  |  |  |  |  |
| 1. How do you rate your knowledge of products in Asian cuisine after you completed the training?
 |  |  |  |  |  |
| 1. How do you rate your practical skills in of Asian cuisine before after you completed training?
 |  |  |  |  |  |
| 1. How do you rate your knowledge on techniques used in Asian cuisine after you completed training in the field?
 |  |  |  |  |  |

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| --- |
| **Personal information** **(please select the appropriate ):** |
| Sex:  |
| * Male
 | * Female
 |

Thank you for your participation!