

# WELLNESS ADVOCATE

## Self-Assessment: PRE-TEST

Name \_\_\_\_\_

Date \_\_\_\_\_

Instructions: Please answer each statement below, using the scale of **1=strongly agree** to **5=strongly disagree**. This self-assessment is used to plan and evaluate the Wellness Advocate program and to assess your perceived abilities (at this one point in time) in the following areas. Your responses will be kept strictly confidential.

Strongly  
Agree

Strongly  
Disagree

### I feel competent:

1. Of my knowledge and understanding of STIs	1	2	3	4	5
2. To deal with student's personal STI concerns	1	2	3	4	5
3. To discuss safer sex practices with students	1	2	3	4	5
4. To give factual information about illegal drugs	1	2	3	4	5
5. In my presentation and public speaking skills	1	2	3	4	5
6. To facilitate discussion in groups of students who are reluctant to talk	1	2	3	4	5
7. Of my knowledge and understanding of eating disorders	1	2	3	4	5
8. To provide campus resources	1	2	3	4	5
9. To explain the concept of "enabling"	1	2	3	4	5
10. To explain how alcohol affects women differently than men	1	2	3	4	5
11. To give factual information about sexual assault	1	2	3	4	5
12. To explain methods of contraception	1	2	3	4	5
13. To share warning signs of high risk drinking	1	2	3	4	5
14. To facilitate a discussion on women's health issues	1	2	3	4	5
15. To facilitate a discussion on men's health issues	1	2	3	4	5
16. To think critically when developing a program for peers	1	2	3	4	5

### I feel comfortable:

17. Admitting I don't know an answer to a question a student may ask	1	2	3	4	5
18. Working with an HIV positive peer educator or student	1	2	3	4	5
19. Initiating a talk with a friend who I believe needs to know about safer sex options	1	2	3	4	5
20. Answering questions about sexuality	1	2	3	4	5
21. "Acting" in front of student audiences	1	2	3	4	5
22. Supporting the concept of healthy drinking for college students who drink	1	2	3	4	5
23. Presenting information that is inclusive of all sexual orientations	1	2	3	4	5
24. Presenting information in front of groups	1	2	3	4	5

### I believe I can:

25. Help prevent STIs by influencing students' knowledge	1	2	3	4	5
26. Help prevent STIs by influencing students' behavior	1	2	3	4	5
27. Help reduce the incidence of acquaintance rape by helping students learn about sexual issues	1	2	3	4	5
28. Help students who drink learn to be low risk drinkers	1	2	3	4	5
29. Help students learn to communicate effectively about safer sex	1	2	3	4	5
30. Have an impact on reducing overdrinking on campus	1	2	3	4	5
31. Have an impact on reducing eating disorders on campus	1	2	3	4	5
32. Have an impact on reducing use of illegal drugs on campus	1	2	3	4	5