

# Self-Evaluation

FOR  
CHILDREN

Once you have finished the final test, answer the questions below. If in doubt, check the box that is the closest to your situation.

**1. Do I still look at the keyboard when I type?**

Never  Sometimes  Often  Always

**2. Do I set up my workstation so that my eyes are aligned with the top of the screen?**

Never  Sometimes  Often  Always

**3. Do I make sure to sit in an ergonomic position when I work at the computer?**

Never  Sometimes  Often  Always

**4. Do I make sure that my work environment is well lit?**

Never  Sometimes  Often  Always

**5. Are my hands lined up with my arms, with my wrists straight?**

Never  Sometimes  Often  Always

6. Write down your speed result for the final test: \_\_\_\_\_

7. How do you feel about this result?



8. Write down the number of errors for the final test: \_\_\_\_\_

9. How do you feel about this result?



10. Did your fingers go back to the basic position after typing each character in the test?

Never

Sometimes

Often

Always

11. During the test, did you use the right finger to type every character?

Never

Sometimes

Often

Always

NAME : \_\_\_\_\_