

AWCTS SOLDIER SELF-ASSESSMENT

17 Self-Assessment statements answer choices.

- Choice A = Green
 - Choice B = Amber (requires Soldier comment)
 - Choice C = Red (requires Soldier comment)
- 1) Work Plan
 - a. My work plan supports my transition goals.
 - b. My work plan somewhat supports my transition goals.
 - c. My work plan does not support my transition goals.
 - 2) Education
 - a. My work plan supports my education goals.
 - b. My work plan somewhat supports my education goals.
 - c. My work plan does not support my education goals
 - 3) Employment
 - a. I have an employment/career plan when I transition.
 - b. I have an employment/career plan but have some issues.
 - c. I do not have an employment/career plan.
 - 4) Activities of Daily Living (For example: eating, bathing dressing, toileting, and meal preparation)
 - a. I am able to take care of myself without any help.
 - b. I need a little help taking care of myself.
 - c. I need a lot of help taking care of myself.
 - 5) Health Care
 - a. My medical care needs are being met with no issues.
 - b. My medical care needs are being met with some issues.
 - c. My medical care needs are not being met.
 - 6) Medication
 - a. My medications are working for me.
 - b. Some of my medications are working for me. (Specify those that are not working)
 - c. My medications are not working for me. (Specify those that are not working)
 - 7) Pain
 - a. I have no pain, or my pain is currently managed.
 - b. I have some pain and I need help managing it.
 - c. I have pain that is unmanageable.
 - 8) Weigh Control
 - a. I meet the Service specific Height/Weight Standard.
 - b. I do not meet the weight standard, but I am on a program and making progress.
 - c. I do not meet the weight standard, and I am on a program and NOT making progress.
 - 9) Physical Fitness
 - a. I am able to pass the APFT (primary or alternate events) and I am participating in an adaptive PT program, or I have a permanent profile that exempts me from taking the APFT.
 - b. I am unable to pass the APFT (primary or alternate events), but I am participating in an adaptive PT program.
 - c. I am not participating in an adaptive PT program (regardless of my ability to pass the APFT).
 - 10) Behavioral Health
 - a. All of my behavioral health needs are being met with no issues.
 - b. Some of my behavioral health issues are being met, with some issues.
 - c. My behavioral health needs are not being met.

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11) Well-Being

- a. I am at peace with myself and hopeful about my future.
- b. Sometimes I struggle to find peace and somewhat concerned about my future.
- c. I often struggle to find peace and I am very concerned about my future.

12) Social – Overall

- a. I have a dependable social support system.
- b. I have some social support system but it is not adequate.
- c. I have no social support system.

13) Family – Overall

- a. My family is well.
- b. My family is well but there are some issues.
- c. My family is not well.

14) Financial

- a. I have enough money to take care of myself and my family.
- b. I struggle to have enough money to take care of myself and my family.
- c. I do not have enough money to take care of myself and my family.

15) Housing

- a. My housing satisfactorily meets my needs, very satisfied.
- b. My housing meets my needs, but with some issues
- c. My housing does not meet my needs

16) Administrative Support – Overall

- a. I receive adequate and timely administrative support to complete my transition.
- b. I receive some administrative support to complete my transition.
- c. I am not receiving adequate administrative support to complete my transition.

17) Transportation

- a. I have access to dependable transportation.
- b. I have occasional transportation problems.
- c. I have frequent problems meeting my transportation needs.