

# Self-Evaluation

FOR  
ADULTS

Once you have completed the final test, answer the questions below. If in doubt, check the box that corresponds best to your situation.

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

Never  Sometimes  Often  Always

**2. Do you arrange your workstation so that your eyes are aligned with the top of the screen?**

Never  Sometimes  Often  Always

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

Never  Sometimes  Often  Always

**4. Do you make sure that your work environment is well lit?**

Never  Sometimes  Often  Always

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

Never  Sometimes  Often  Always

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

7. How satisfied are you with this result?

Unsatisfied       Not very satisfied       Satisfied       Extremely satisfied

8. Write down the number of errors: \_\_\_\_\_

9. How satisfied are you with this result?

Unsatisfied       Not very satisfied       Satisfied       Extremely satisfied

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

Never       Sometimes       Often       Always

11. During the test, did you type each character with the correct finger, as suggested by the method?

Never       Sometimes       Often       Always

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