Self-Evaluation

FOR CHILDREN

Once you have finished Typing Pal's 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 ☐

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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 correct finger to type every character?

Never ☐ Sometimes ☐ Often ☐ Always ☐

NAME : _____

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