



### TAY Research Training Self-Assessment

These questions are meant to assist you when weighing the pros and cons of participating in the research training.

*Circle One*

1	I have reliable access to transportation to and from the training at the Espousal Retreat House and Conference Center in Waltham, MA.	Yes	No
2	I have taken and completed formal schooling or adult education classes in the last 5 years.	Yes	No
3	I am active in working on my mental health.	Yes	No
4	I have successfully worked in the last five years.	Yes	No
5	I feel ready to be an active participant in working on a research-related project.	Yes	No
6	I am able to participate in a full 8-hour training day (with lunch and breaks) followed by a 5 hour 30 minute training the very next day (with lunch and breaks).	Yes	No
7	I am comfortable spending the night at the training location.	Yes	No
8	I am able to communicate with the training coordinators if I will be absent.	Yes	No
9	I am comfortable using the Internet and email.	Yes	No