

CIVIC HEALTH SELF ASSESSMENT

Crossroads Civic Engagement Center at The University of Alabama developed this resource for university and community members to evaluate their personal civic health.

Check the statements that apply to you below and tally your score at the end!

STAY INFORMED

- I seek news from unbiased sources on a local, regional, and national level.
- I regularly fact-check my information sources and other widely spread stories.
- I research political candidates through non-partisan sources before I vote.
- I take opportunities to learn about my local history and current issues.
- After consuming information, I take time to reflect on how it has or has not influenced my perspective.

PARTICIPATE IN DEMOCRACY

- I attend community board and/or City Council meetings when possible.
- I host or attend events during which members of my community participate in open dialogue.
- I vote on the local, regional, and national level after researching and reflecting on candidates and relevant political issues.
- I help my family, friends, and community members register to vote.
- I advocate for my personal passions and seek out opportunities to raise awareness for causes I care about in my community. This includes writing letters to representatives, attending rallies, meaningfully contributing to online discourse, etc.

BUILD COMMUNITY

- I invest in interpersonal relationships with people in my local community.
- I volunteer in my community at places such as museums, libraries, or soup kitchens.
- I support the economic wellbeing of my community by visiting local businesses.
- I work with others to solve problems in my community or contribute to emergency relief.
- I support local arts and recreation by attending community plays, sporting events, etc.

Tally up your points out of 15. How did you do?

In which areas could you improve the most?

Regardless of your current score, civic engagement skills can be honed through active practice in numerous settings. To find resources for improving your civic health, as well as that of your community, visit our website: crossroads.ua.edu