

Name \_\_\_\_\_

Focus \_\_\_\_\_

Time period or activity \_\_\_\_\_

# Self-Assessment

The following were my two greatest **strengths** along with the reasons **why** they were my strengths:

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

My two areas for **improvement**, followed by short and long-term **action plans** explaining **how** I plan to improve are:

1. \_\_\_\_\_  
\_\_\_\_\_

**Short-term plan** \_\_\_\_\_  
\_\_\_\_\_

**Long-term plan** \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

**Short-term plan** \_\_\_\_\_  
\_\_\_\_\_

**Long-term plan** \_\_\_\_\_  
\_\_\_\_\_

An **assessment** of my performance against previous action plans indicates **progress** in the following areas:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My personal **growth** was most enhanced by doing: \_\_\_\_\_  
\_\_\_\_\_

The reasons **why** I grew are: \_\_\_\_\_  
\_\_\_\_\_

My mood and **attitude** toward learning during this time was: \_\_\_\_\_  
\_\_\_\_\_

The most valuable **insight** I learned about myself is: \_\_\_\_\_  
\_\_\_\_\_

Knowing this will **improve** my performance by: \_\_\_\_\_  
\_\_\_\_\_

**Instructor  
Feedback**

Strengths:

Areas for Improvement:

Insights: