

SELF-ASSESSMENT

Assess your level of skill in each of the eleven competency areas along the three dimensions. Add other dimensions if necessary:

- **where you perceive yourself to be;**
- **where you would like your level of skill to be; and**
- **the potential for you to develop that skill in your internship.**

Rate your level on the self-evaluation scale, using **1=Insufficient Skill Level; 2=Some Skill, Improvement Needed; 3=Basic Skills Evident; 4=Good Skill Level; 5=Exceptional Skill Level.**

(Note: It is probably not realistic to expect to achieve "exceptional skill level" (5's) on every competency in the next two years.)

Professional Skill/ Competencies	Where I perceive myself to be	Where I'd like to be	Potential for development through my internship
Conflict Mediation	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Group Dynamics	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Instruction/Programming	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Interviewing/Advising/ Counseling	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Working effectively with Diverse and/or Underrepresented Groups	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Management	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Problem Solving	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Self-Knowledge	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Supervision	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Utilizing Resources	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Verbal Communication	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Written Communication	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Thoughts, comments, reactions: (Use back side of this sheet.)