Self-Assessment worksheets

[College Name]

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| Student Name: | Steve Williams |  | Section: | Sec- 4522 |
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| Department: | Computer Science |  | Trainer Name: | Robert David |
| How do you Assess yourself on the Following qualities and skills? |
| GENERAL SKILLS | Excellent | Good | Average | Poor |
| Positive Attitude | ◻ | ◻ | ◻ | ◻ |
| Patience | ◻ | ◻ | ◻ | ◻ |
| Time and Stress Management | ◻ | ◻ | ◻ | ◻ |
| Seeking Assistance When Needed | ◻ | ◻ | ◻ | ◻ |
| Organization and Planning | ◻ | ◻ | ◻ | ◻ |
| Honesty and Empathy | ◻ | ◻ | ◻ | ◻ |
|  |  |  |  |  |
|  |  |  |  |  |
| ESSENTIAL SKILLS | Excellent | Good | Average | Poor |
| Active Listening | ◻ | ◻ | ◻ | ◻ |
| Initiating timely discussion with students. | ◻ | ◻ | ◻ | ◻ |
| Making Myself Understood | ◻ | ◻ | ◻ | ◻ |
| Maintaining student self-esteem and confidence while providing criticism | ◻ | ◻ | ◻ | ◻ |
| Well-Developed Self-care Skills  | ◻ | ◻ | ◻ | ◻ |
| Keeping safe and Avoid Risky Behaviors | ◻ | ◻ | ◻ | ◻ |
| Honesty, Integrity and Perseverance | ◻ | ◻ | ◻ | ◻ |
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|  |
| TECHNICAL SKILLS | Excellent | Good | Average | Poor |
| Typing Ability | ◻ | ◻ | ◻ | ◻ |
| Programming Skills | ◻ | ◻ | ◻ | ◻ |
| Online Etiquette skills | ◻ | ◻ | ◻ | ◻ |
| Online Research chops | ◻ | ◻ | ◻ | ◻ |
| Collaboration | ◻ | ◻ | ◻ | ◻ |
| Problem-Solving Skills | ◻ | ◻ | ◻ | ◻ |
| Communication and Interpersonal Skills | ◻ | ◻ | ◻ | ◻ |
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|  |  |  |  |
| Student Signature |  |  | Date |