

Name: _____ Date: _____

DIRECTIONS: Review your self-assessment survey answers. The assessment is divided into five categories:

- 1) Self-Knowledge,
- 2) Collaboration and Community,
- 3) Communication Process,
- 4) Research and Assessment Tools, and
- 5) Technology Tools.

CHOOSE one question that you rated highly and one you rated low in each category and copy and paste the survey question below. For each *strength* (highly rated question) answer the two questions underneath the strength. For each *weakness* (low rated question) answer the two associated questions. You will have a total of 10 entries by the end of this activity. Once you are completed with the assignment, save a copy of this file to your directory where you can easily access it again. Also submit a copy to your advisor via **Sakai** Assignments Tool. Ask your advisor if you have any questions or concerns.

Example

Category Self-Knowledge

Strength I show integrity at my internship by working in the same way whether or not my mentor is watching; I present myself as being genuine, honest, and trustworthy.

Questions Write about a time when you did this well. How can you use your ability in this area to help others at your internship site improve?

One time when I was at Habitat for Humanity, Mr. C. went to the other side of the warehouse and left four of us alone to finish shoveling cement. The four of us continued to work as a team and completed the task. Mr. C. said he was proud of us for continuing to work hard even when he wasn't there to supervise.

Weakness I am willing to reassess my goals and rework them when I don't meet them.

Questions Whenever I am asked to write down my goals, I don't know what to put down. I usually put "I'll try harder" but then I just forget about writing down this goal after a few hours.

Category — Self Knowledge

Strength [Copy and paste question here]

Questions Write about a time when you did this well. How can you use your ability in this area to help others at your internship site improve?

Weakness [Copy and paste question here]

Questions Write about one example when you struggled with this. What can you do at your internship site and at school to improve in this area?

Name: _____ Date: _____

Category — Collaboration and Community

Strength [Copy and paste question here]

Questions Write about a time when you did this well. How can you use your ability in this area to help others at your internship site improve?

Weakness [Copy and paste question here]

Questions Write about one example when you struggled with this. What can you do at your internship site and at school to improve in this area?

Category — Communication Process

Strength [Copy and paste question here]

Questions Write about a time when you did this well. How can you use your ability in this area to help others at your internship site improve?

Weakness [Copy and paste question here]

Questions Write about one example when you struggled with this. What can you do at your internship site and at school to improve in this area?

Category — Research and Assessment Tools

Strength [Copy and paste question here]

Questions Write about a time when you did this well. How can you use your ability in this area to help others at your internship site improve?

Weakness [Copy and paste question here]

Questions Write about one example when you struggled with this. What can you do at your internship site and at school to improve in this area?

Category — Technology Tools

Strength [Copy and paste question here]

Questions Write about a time when you did this well. How can you use your ability in this area to help others at your internship site improve?

Weakness [Copy and paste question here]

Questions Write about one example when you struggled with this. What can you do at your internship site and at school to improve in this area?