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 | | ◻ | | | ◻ | ◻ | ◻ |
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|  | |  | | |  |  |  |
| 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 |