

## Self-Evaluation Rubric

The self-evaluation rubrics are designed to help you in your process of self-reflection. Each skill in the rubric has questions to help you understand what the skill means and descriptions of what it means to be beginning, developing, and succeeding in each skill. The skills are divided into a primary set, which you should focus on first, and an advanced set, which you should move on to once you feel like you are succeeding in the primary set.

Once you pick the class in which you want to self-evaluate, use the rubrics to identify skills that you want to work on each week and write about your progress in those skills in your self-evaluations. Honest, thoughtful reflection is key here: there is no way to improve if you are not truthful with yourself about how you are doing.

Your self-evaluations are due by **midnight each Monday** in your **dropbox on bSpace** as **PDFs**, and should contain the following pieces of information:

- The name of the class you are evaluating.
- The skill(s) you are evaluating
- Whether you think you are beginning, developing, or succeeding in each skill. This should be accompanied by evidence to support your decision (for example, an anecdote).
- In what way you want to improve in each skill, and how you will do that. This will require you to **identify** the change you want to make, come up with a plan to **implement** that change, be **consistent** in your implementation, and **frequently reassess** how your change is working.

### Primary Skills

Skill	Questions to ask yourself	Beginning	Developing	Succeeding
<b>Persistence</b>	<ul style="list-style-type: none"> <li>• What do you do when you're frustrated?</li> <li>• Do you independently pursue understanding?</li> </ul>	I tend to try one or two things. I give up more easily than I should.	I try to stick with things, but I sometimes feel unsuccessful. Sometimes I seek new approaches to help.	I look for new ways to think about the problem. I find a way to persist when appropriate.
<b>Organization</b>	<ul style="list-style-type: none"> <li>• Do you keep accurate, thorough, and consistent records of work?</li> <li>• Do you submit materials in a timely manner?</li> <li>• Do you refer to your records to support conclusions?</li> </ul>	There are significant gaps in my records, and/or I consistently forget to complete assignments on time.	I don't complete all assignments on time or I have no record of some of my work/activities. When I neglect to do something, I forget about it because it's too late.	I am timely and thorough with work and record-keeping. When I've neglected something, I correct my oversight quickly. My records are a valuable resource.
<b>Connections</b>	<ul style="list-style-type: none"> <li>• Do you try to make connections with new people who might be able to help you in the future?</li> <li>• Do you make use of your connections when you need help?</li> </ul>	I tend to go it alone.	I sometimes get help from other people, but only when I really need it. My network of supporters could be better developed.	I have a strong network of people who I go to regularly for help and support.
<b>Self-compassion</b>	<ul style="list-style-type: none"> <li>• When you're having difficulty with something, how do you feel about yourself?</li> <li>• Do you make productive use of failure?</li> </ul>	I have trouble with feeling like a failure, and these feelings often make me feel like giving up. I'm my own worst critic.	I am sometimes overly critical of myself. I tend to ignore feelings of failure rather than using them to improve.	I acknowledge my difficulty, but I don't let it define how I feel about myself. I act kindly towards myself and view failure as an opportunity for self-improvement.