

# CORE COMPETENCIES SELF-ASSESSMENT

Name: \_\_\_\_\_ Date: \_\_\_\_\_



COMMUNICATION



THINKING



PERSONAL & SOCIAL

## MY STRENGTHS

## EXAMPLES AND EVIDENCE OF MY STRENGTHS

## MY GOALS

## MY PLANS TO REACH MY GOALS



*Self-assessment can take many forms and may focus on one, a few, or all of the core competencies.*