

# SELF-ASSESSMENT: COLLABORATION AND TEAMWORK

Rate yourself on each statement:

- In need of improvement
- My skills are emerging
- I'm meeting the standards
- I'm exceeding the expectations

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Category	In need of improvement	My skills are emerging	I'm meeting the standards	I'm exceeding the expectations
Participation	I rarely participate in team activities	I participate minimally in team activities	I am a strong team member	I act as a leader or exemplary team member
Idea Sharing	I rarely provide ideas in teams	I sometimes provide thoughtful ideas in teams	I provide thoughtful ideas in team activities	I consistently provide thoughtful ideas in team activities
Encouragement	I rarely encourage my team members	I sometimes encourage my team members	I value and encourage my team members	I consistently value and encourage my team members



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## Reflective questions

1. What do I do that helps my team function at its best?
2. When have I held back in team situations, and what kept me from participating more fully?
3. How can I better support and encourage the contributions of others in my team?

## Guidelines for action

1. Identify Strengths and Growth Areas
  - Circle one area where you scored yourself highly (a strength).
  - Circle one area where you see room for improvement (a growth edge).
2. Set a SMART Goal
  - Make your growth area specific, measurable, achievable, relevant, and time-bound.
  - Example: "I will acknowledge at least one teammate's contribution in every meeting this month."
3. Choose an Action Step
  - Pick one behavior to start practicing immediately (e.g., asking teammates' opinions, volunteering to lead a small task, giving constructive feedback).
4. Monitor Your Progress
  - Keep a weekly note: What did I try? How did it go? What will I adjust?
5. Seek Feedback
  - Ask a peer, coach, or teacher for feedback on the behavior you're working on.
6. Review and Reassess
  - After 6–8 weeks, retake the self-assessment.
  - Reflect on your progress and set a new goal for continued growth.