

SELF-ASSESSMENT: COMMUNICATION

Rate yourself on each statement:

• • • • • • • • • • • • • •

• • • • • • • • • • • • • •

• • • • • • • • • • • • • •

• • • • • • • • • • • • • •

• • • • • • • • • • • • • •

• • • • • • • • • • • • • •

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

Category	In need of improvement	My skills are emerging	I'm meeting the standards	I'm exceeding the expectations
Peer Communication	I seldom communicate with my peers and team members	I occasionally communicate with my peers and team members	I communicate with my peers and team members	I always communicate with my peers and team members
Expressing Ideas	I seldom demonstrate a will to express my ideas	I occasionally demonstrate a will to express my ideas	I demonstrate a will to express my ideas	I always demonstrate a will to express my ideas
Verbal Participation	I am always silent	I am occasionally silent	I am usually a silent person	I am a talkative person



Co-funded by the European Union



Reflective questions

1. How effectively do I communicate with my peers and team members?
2. When do I feel comfortable expressing my ideas, and what situations make it harder for me?
3. What specific steps can I take to become a clearer and more confident communicator?

Guidelines for action

1. Identify Strengths and Growth Areas
 - Highlight one area where you already communicate effectively.
 - Highlight one area where you would like to improve.
2. Set a SMART Goal
 - Make your growth area specific, measurable, achievable, relevant, and time-bound.
 - Example: "I will share at least one idea in every team discussion for the next four weeks."
3. Choose an Action Step
 - Pick one behaviour to strengthen immediately (e.g., active listening, expressing one idea per meeting, asking clarifying questions).
4. Monitor Your Progress
 - Keep a weekly reflection: How did I communicate this week? What went well, and what could I improve?
5. Seek Feedback
 - Ask a peer, mentor, or teacher how they perceive your communication strengths and areas for growth.
6. Review and Reassess
 - After 6–8 weeks, retake the self-assessment.
 - Reflect on your progress and set a new goal for continued growth.

