

SELF-ASSESSMENT: CREATIVITY

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
Idea Generation	I struggle to come up with new ideas	I sometimes generate new ideas	I regularly generate new ideas	I consistently generate original and innovative ideas
Risk-Taking	I avoid trying new approaches	I sometimes try new approaches when encouraged	I willingly try new approaches	I proactively experiment with bold and creative approaches
Problem-Solving	I stick to obvious solutions	I sometimes think of alternative solutions	I find creative solutions to challenges	I consistently develop innovative and effective solutions
Expression	I struggle to express my creativity	I sometimes express my creativity	I express my creativity in different ways	I fully express creativity and inspire others with my ideas



Reflective questions

1. When was the last time I felt most creative, and what conditions allowed that to happen?
2. What holds me back from expressing creativity more often?
3. How can I take small, consistent steps to bring more creativity into my learning, work, or team projects?

Guidelines for action

1. Identify Strengths and Growth Areas
 - Highlight one area where you already demonstrate creativity.
 - Highlight one area where you would like to grow.
2. Set a SMART Goal
 - Example: "I will contribute at least one creative idea in every group project over the next month."
3. Choose an Action Step
 - Pick one creativity habit to strengthen immediately (e.g., brainstorming freely, keeping an idea journal, experimenting without fear of mistakes).
4. Monitor Your Progress
 - Keep a weekly reflection: How did I use creativity this week? What could I try next?
5. Seek Feedback
 - Ask a peer, teacher, or mentor for feedback on how your creativity shows up in your work.
6. Review and Reassess
 - After 6–8 weeks, retake the self-assessment.
 - Reflect on progress and set a new creativity goal.