



Demonstrate Self-Awareness: Reflection

Overview

The purpose of this assessment is to give you the opportunity to demonstrate your capacity for self-awareness, which includes the ability to evaluate your own performance; recognize your motivations; and manage your anxiety.

Directions

You are applying for a job at Aztechee Toys.

To prepare for the interview, they ask you to answer six questions:

1. What three adjectives would your closest friends use to describe you?
2. What three adjectives would you use to describe yourself?
3. Are the ways you think your friends would describe you different from the ways you would describe yourself?
4. If so, what don't they know about you and why?" If not, what does that say about your relationship with your friends?
5. Reflect on a time when you needed to accomplish something important and difficult over a period of time. What kept you going? How did you deal with your frustration or anxiety?
6. Thinking back, what would you do differently if you had to do it again and why?

Write your responses and reflections in a numbered list.

Rubric

Criterion	Description	Yes	Not Yet
Shows sense of self	You know who you are		
Shows perspective on self	You know how others see you		
Reflects on oneself in relation to other	You recognize that different people have different perspectives		
Reflects on past actions without passing judgment	You can look at your actions without beating yourself up		
Describes strategies for managing emotions under stress	You have ways to deal with stress and frustration		
Uses awareness of past actions to inform future change	You know what you will do differently next time		