

Mindset worksheet

The self-evaluation rubrics are designed to help you in your process of self-reflection. Each skill in the rubric has questions to help you understand what the skill means and descriptions of what it means to be beginning, developing, and succeeding in each skill. The skills are divided into a primary set, which you should focus on first, and an advanced set, which you should move on to once you feel like you are succeeding in the primary set.

Honest, thoughtful reflection is key here: there is no way to improve if you are not truthful with yourself about how you are doing.

Your self-evaluations are due by **11:55 pm each Monday** on moodle, and should contain the following pieces of information:

- The skill you are evaluating. One each week.
- Whether you think you are beginning, developing, or succeeding in each skill. This should be accompanied by evidence to support your decision (for example, an anecdote).
- In what way you want to improve in each skill, and how you will do that. This will require you to **identify** the change you want to make, come up with a plan to **implement** that change, be **consistent** in your implementation, and **frequently reassess** how your change is working.

Primary Skills

Skill	Questions to ask yourself	Beginning	Developing	Succeeding
Persistence	<ul style="list-style-type: none"> • What do you do when you're frustrated? • Do you independently pursue understanding? 	I tend to try one or two things. I give up more easily than I should.	I try to stick with things, but I sometimes feel unsuccessful. Sometimes I seek new approaches to help.	I look for new ways to think about the problem. I find a way to persist when appropriate.
Organization	<ul style="list-style-type: none"> • Do you keep accurate, thorough, and consistent records of work? • Do you submit materials in a timely manner? • Do you refer to your records to support conclusions? 	There are significant gaps in my records, and/or I consistently forget to complete assignments on time.	I don't complete all assignments on time or I have no record of some of my work/activities. When I neglect to do something, I forget about it because it's too late.	I am timely and thorough with work and record-keeping. When I've neglected something, I correct my oversight quickly. My records are a valuable resource.
Connections	<ul style="list-style-type: none"> • Do you try to make connections with new people who might be able to help you in the future? • Do you make use of your connections when you need help? 	I tend to go it alone.	I sometimes get help from other people, but only when I really need it. My network of supporters could be better developed.	I have a strong network of people who I go to regularly for help and support.
Self-compassion	<ul style="list-style-type: none"> • When you're having difficulty with something, how do you feel about yourself? • Do you make productive use of failure? 	I have trouble with feeling like a failure, and these feelings often make me feel like giving up. I'm my own worst critic.	I am sometimes overly critical of myself. I tend to ignore feelings of failure rather than using them to improve.	I acknowledge my difficulty, but I don't let it define how I feel about myself. I act kindly towards myself and view failure as an opportunity for self-improvement.

Advanced Skills

Skill	Questions to ask yourself	Beginning	Developing	Succeeding
Courage	<ul style="list-style-type: none"> How do you react to uncertainty? What do you do when you feel overwhelmed? Do you take intellectual risks? 	I don't like to try things unless I'm reasonably certain what the outcome will be.	I take some risks, but I sometimes miss out on some good opportunities.	I make a decision to trust that I'll learn something from each experience, even if I'm unsure at times.
Mental Resourcefulness	<ul style="list-style-type: none"> Where do you turn for new ideas? Do you look for connections between ideas? Do you apply past experiences to new situations? 	When something feels unfamiliar, I often assume it's not useful.	There have been times when I disregarded new ideas before considering them fully. I don't often see connections between what I'm doing and what I've done.	I always try to consider things, even if they seem odd or surprising at first. I often relate new ideas to old ones.
Communication	<ul style="list-style-type: none"> Can you clearly convey an idea to someone else using pictures, speech, or demonstrations? Do you give examples that support your ideas? Do you seek consistency in ideas? 	It seems like others don't understand what I'm trying to say/convey most of the time. Once I try to communicate something, I move on to the next thing.	I can usually convey my ideas, but often others don't seem to understand what I'm trying to communicate. When the message doesn't get across, I might try one other way of communicating.	Communication is strength of mine. When I'm feeling misunderstood, I search for new ways to convey my point. I look back through my conclusions to make sure they're clear and consistent.
Diligent Skepticism	<ul style="list-style-type: none"> How do you evaluate the quality of procedures? Do you scrutinize sources of information and search for ways to test ideas? Can you identify problems with procedure that lead to erroneous or incomplete conclusions? 	Much of what I believe came from someone else directly. When someone sounds convincing, I trust that they are right.	I should ask more questions about information that I receive, and steps that I'm taking. Sometimes I discover that I've been lead down a path that I could have avoided with more thought, testing, and questioning.	I ask plenty of questions (to myself and others) and head off problems before they start.
Collaboration	<ul style="list-style-type: none"> Are you respectful, supportive, and critical of peers? Do you share your ideas with others? Do you consider strategies employed by your peers for study, organization, and investigation? 	Sometimes I either: don't participate; dominate the work, so that others might not feel like they have a role; or, distract others.	I'm great as either a leader or participant, but not both. I could be more mindful of the needs of others with whom I work. I try to learn from what others are doing.	I am an asset to any team. I know how to lead when appropriate, and how to support others when they take the lead. I think pretty much everyone has something to offer me.
Reflection	<ul style="list-style-type: none"> Do you consider past experiences when making choices? Do you reference prior work? Are your reflections thoughtful 	Once I complete something, I usually just move on to the next thing, without thinking about how it went.	I don't always reflect after each science experience. I don't review my notes during and after a topic of study. I'm not great about considering how things went.	I squeeze every bit of learning from everything that I do by evaluating what happened. My notes are excellent, and I use them often to check on my ideas.

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