Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Year:\_\_\_\_\_\_\_\_\_\_\_\_\_

**Evaluating and Reflecting on My Communication Skills**

**Self-Assessment**

Use the following scale to rate your communication skills:

3 – Great (Exemplary)

2 – OK (Capable)

1 – Need to improve (Novice)

0 – Unacceptable

|  |  |  |
| --- | --- | --- |
|  | Rating | I rated myself this way because: |
| Clearly Communicating my Message |  |  |
| Body Language |  |  |
| Eye Contact |  |  |
| Active Listening |  |  |
| Paying Attention to Others |  |  |
| Ability to Compromise |  |  |

|  |  |  |
| --- | --- | --- |
|  | Rating | I rated myself this way because: |
| Ability to Small Talk with Unfamiliar People |  |  |
| Ability to Ask Questions |  |  |
| Reflective Listening |  |  |
| Participating in Group Discussions |  |  |
| Total Points |  | |

I would like to improve my communication skills by:

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