

COMPETENCY ASSESSMENT WORKSHEET

Refer to the competency descriptions found in the core competencies, program-specific, professional and cross-cultural competencies sections at uvic.ca/coopandcareer/buildskills and then use this worksheet to assess yourself.

Some of us tend to be overly generous or overly critical when rating ourselves. Ask someone who knows you well to review your self-assessment. This may help you get a clearer picture of your current competency level.

Competency name:

LEVEL	Exemplary	Accomplished	Developing	Beginning	No demonstrated achievement
YOUR RATING:					

Answer the following questions related to your competency development:

Where and how have your experiences demonstrated competence?

Why have you chosen your competency rating?

What are your competency gaps?

How will you address these gaps in the future?