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**SELF-ASSESSMENT OF MY**

**CORE COMPETENCIES**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| 1. /var/folders/q9/k7hc_t012k7gfy9bs4k_dml80000gp/T/com.microsoft.Word/Content.MSO/368A670F.tmp**Select a CRITICAL THINKING skill you have recently practiced:**  * I can determine the difference between fact and interpretation, opinion and judgement. * I can reflect on and evaluate my thinking, work and actions. * I can identify and express my preferences. * I can experiment with different ways of doing things. * I can monitor my progress and adjust my actions to ensure success.  **Thinking** |
| 1. **A) Provide a recent example. How did you practice this skill? What did you do? Was it easy or challenging for you? Be specific.**   **B) What was the outcome or impact of your actions? How did this make you feel?** |
| 1. **My Goals/ Next Steps: What can you do to continue to develop this skill? How might you improve? When will you have another opportunity to practice this skill?** |

