Self-Assessment

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| Self-Assessment Title | **Self-Assessment 1.1** |
| Descriptive Title | **How’s My Communication?** |
| Short Title | SA 1.1 |
| Activity Introduction and Description | DirectionsIdentify five individuals with whom you shared a sustained conversation during the past 7 days. Evaluate your communication effectiveness rating your performance in each interaction on a scale of 1 to 5, where 1 represents extremely ineffective and 5 represents extremely effective.  |

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| --- | --- | --- | --- | --- | --- | --- |
| People | Extremely Ineffective1 | Very Ineffective2 | Somewhat Effective3 | Very Effective4 | Extremely Effective5 | Total Column Score |
| Person A |  |  |  |  |  |  |
| Person B |  |  |  |  |  |
| Person C |  |  |  |  |  |
| Person D |  |  |  |  |  |
| Person E |  |  |  |  |  |
| Total |  |  |  |  |  |

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| --- | --- |
| **Scoring Method** | Total Score |
| Add the scores in each column. Then add the column scores together to determine your total score. | The closer your total score is to 25, the more effective your communication. |