

Self Evaluation: Interim

Circle the number that best describes you in your co-op program. For each question, write **at least 3 sentences** to describe why you gave yourself that rating. 1 is the worst score, 5 is the best.

1. I worked with my supervisor to make a set of tasks to begin as soon as I arrive.
Describe your routine. 1 2 3 4 5

2. I have talked to my supervisor to make a list of other tasks I can do when I have extra time.
List the other tasks. 1 2 3 4 5

3. I have a task to do that I was not familiar with before. I learned it quickly and now I do it well.
Describe the task. 1 2 3 4 5

4. If nothing had been assigned or I finished early and was waiting for more work, I found something worthwhile to do.
Describe what you did. 1 2 3 4 5

5. I was enthusiastic and tried to convey the impression that I liked what I was doing even though I secretly may not have.
Describe a time when you had to do this. 1 2 3 4 5

6. I have had good attendance, and I recognize that people are counting on me to be there. 1 2 3 4 5

Check your log book and indicate how many times you have been absent _____ or late_____.

7. When I was absent or late, I phoned my employer, the school and my co-op teacher to let them know. I had a valid reason for my absence/lateness. 1 2 3 4 5

8. I take pride in my work and always do my best. 1 2 3 4 5
Describe a job you did particularly well recently.

9. I did some outside research or reading to learn more about my job and/or my placement. 1 2 3 4 5
How have you learned more about your job or placement?

10. I was able to work without supervision once a job had been assigned although I may have had to ask for clarification or assistance. 1 2 3 4 5
Describe a task you now do independently that took some practice to master.