

Trainee Self Assessment: Trainee _____ Date: _____

How many weeks have you been involved in the Traineeship Programme? _____

Please tick one box on each line to give an accurate assessment of where you are currently at ...

	Always	Mostly	Sometimes	Never
I communicate well with people in my team				
I communicate well with other people				
I come up with my own ideas				
I know my own strengths and weaknesses				
I set goals to help me to develop my skills				
I make plans for my learning				
I am a team player				
I work with others to achieve results				
I am good at solving problems				
I review my progress at work				
I use my time effectively				
I look at things from different points of view				
I take a lead in team activities				
I join in fully with work activities				
I am prepared to try new things				
I know what to do to achieve my targets				
I keep going even when things are hard				
I make decisions that help my future				
I help my team to be successful				
I try hard to encourage others				
I am good at asking questions				
I talk about my progress to others				
I use resources effectively				
I think carefully about the future				

Score 4 for **Always**, 3 for **Mostly**, 2 for **Sometimes**, 1 for **Never**

Scores:	brown	pink	yellow	blue	green	grey
---------	-------	------	--------	------	-------	------

Overall Confidence

Please circle the answer that best suits how confident you feel at your work placement.

I am not very confident at the moment	I am confident in one or two areas of my work experience	I am confident in several areas of my work experience	I am confident in most areas of my work experience	I am confident in all areas of my work experience
---------------------------------------	--	---	--	---