

SELF EVALUATION FORM

Non-Verbal Communication

Rate yourself on:	Excellent	Good	Needs Improvement	N/A
Direct Eye Contact	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Appropriate Appearance/Attire	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Upright Posture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friendly Demeanor/Smile	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conveyed Self-Confidence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Verbal Communication

Did you...?	Excellent	Good	Needs Improvement	N/A
Avoid saying Umm, like, I mean, you know	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use proper grammar/avoids slang terms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Articulate relevant skills and accomplishments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communicate well defined career goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Express ideas clearly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Convey decision making ability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Emphasize your strong points	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other Questions to Consider

	Excellent	Good	Needs Improvement	N/A
Did you answer the questions/stick to the subject?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How well did you focus on your ability to learn quickly, communication skills, analytical abilities and other strengths?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Were you prepared to answer tough questions?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Could you comfortably discuss any aspect of your resume?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How well did you describe past experience?				
Did you criticize a former employer, friend, colleague or were you able to remain positive?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Evaluate your grammar. Did you stumble?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Counselor Comments/Recommended Next Steps: (In-Person Meeting)
