

**GIVING YOURSELF FEEDBACK
SELF-ASSESSMENT, PART I**

Name _____

Year _____

CORE ROTATIONS I'VE COMPLETED:

I LIKED _____ PROBABLY BECAUSE _____

I WASN'T WILD ABOUT _____ PROBABLY
BECAUSE _____

I'M THINKING ABOUT GOING INTO _____
BUT COULD ALSO SEE MYSELF IN _____

PEOPLE WHO DON'T KNOW ME WELL MIGHT THINK THAT I'M _____

GOOD FRIENDS KNOW I'M _____

I'M PROUD OF _____
BUT KINDA HOPED NO ONE WOULD KNOW THAT I'M _____

COMING INTO THIS ROTATION, I'M

- A. FIRED UP
- B. KINDA BURNED OUT
- C. INTIMIDATED
- D. LOOKING FORWARD TO KICKING BACK A LITTLE.
- E. _____

IF I GET ANYTHING OUT OF THIS ROTATION, I HOPE IT'S _____

MY BIGGEST CONCERN ABOUT THIS IS: _____

TAKING YOUR OWN PULSE

*Makes me shake
and sweat*

*Is a walk in the
park for me*

HOLDING AN INFANT	1	2	3	4	5	6	7	8	9	10
CALMING DOWN A TODDLER	1	2	3	4	5	6	7	8	9	10
EXPLAINING THINGS TO A SCHOOL KID	1	2	3	4	5	6	7	8	9	10
RELATING TO A TEEN	1	2	3	4	5	6	7	8	9	10
GETTING A HX, ROS, PMH, ETC	1	2	3	4	5	6	7	8	9	10
DOING AN EXAM	1	2	3	4	5	6	7	8	9	10
SEEING THE BIG PICTURE	1	2	3	4	5	6	7	8	9	10
FORMULATING AN ASSESSMENT	1	2	3	4	5	6	7	8	9	10
OUTLINING A PLAN OF CARE	1	2	3	4	5	6	7	8	9	10
PRESENTING A PATIENT:										
TO A FRIEND	1	2	3	4	5	6	7	8	9	10
TO MY TEAM	1	2	3	4	5	6	7	8	9	10
TO AN ATTENDING	1	2	3	4	5	6	7	8	9	10
RELATING TO A FAMILY	1	2	3	4	5	6	7	8	9	10
TEAMING UP WITH A NURSE	1	2	3	4	5	6	7	8	9	10
CONTACTING A CONSULTANT	1	2	3	4	5	6	7	8	9	10
VOICING MY OPINION	1	2	3	4	5	6	7	8	9	10
EXPRESSING DISAGREEMENT	1	2	3	4	5	6	7	8	9	10
LOOKING LIKE AN IDIOT	1	2	3	4	5	6	7	8	9	10
THE THOUGHT OF BEING IN CHARGE	1	2	3	4	5	6	7	8	9	10
RECEIVING FEEDBACK	1	2	3	4	5	6	7	8	9	10