

## Directions

In the space to the right of each item, type in the number that best represents how often you demonstrate that behavior:

**5** = Almost always or always

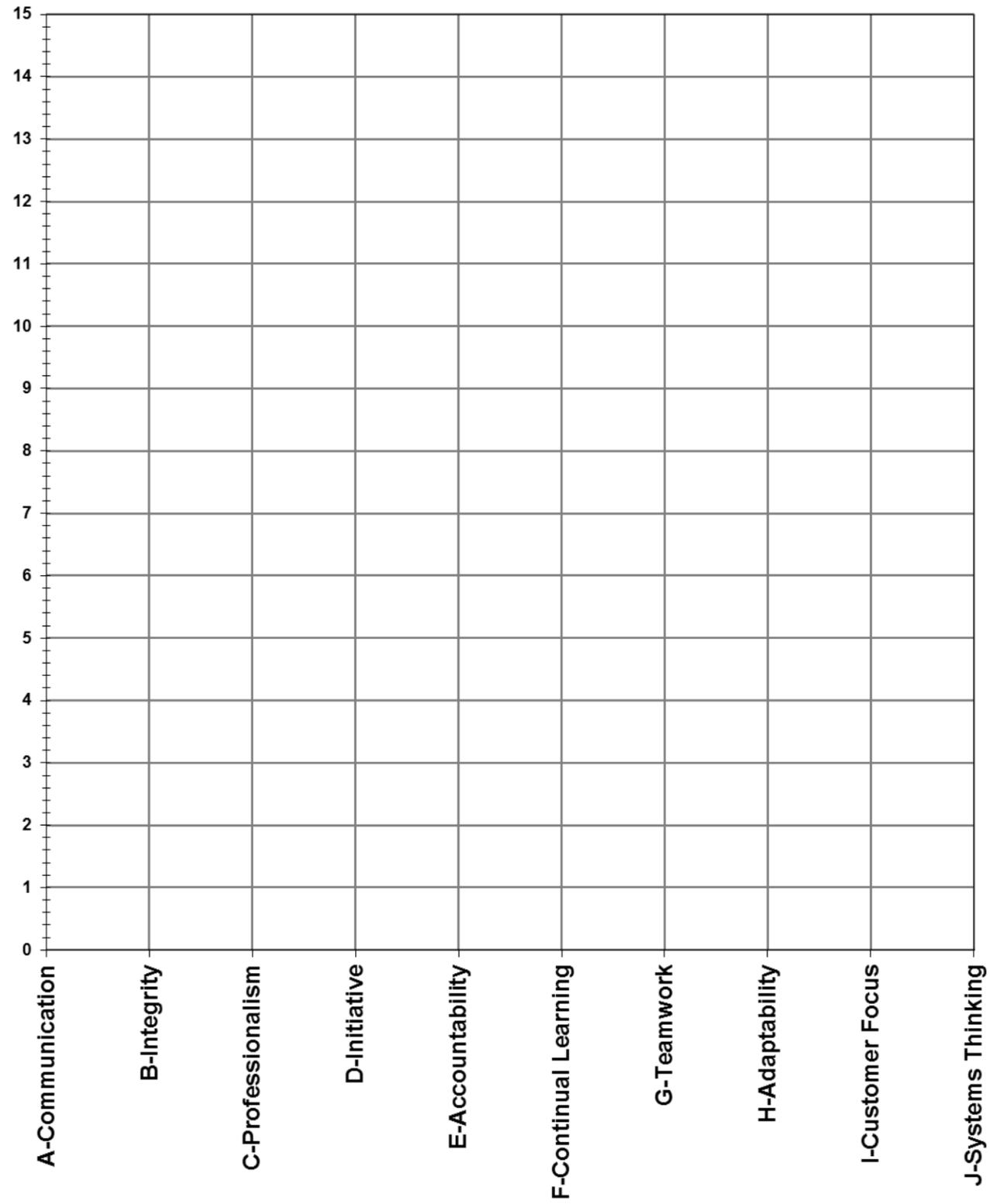
**4** = Very often

**3** = Often

**2** = Sometimes

**1** = Rarely or never

1.	I share my perceptions and opinions in a way that is understood by others		11.	In a disagreement, I can explain the views of both sides with fairness		21.	I communicate ideas in a manner that persuades and influences others		<b>A</b>
2.	I do the right thing, even in the face of opposition		12.	I treat others with honesty, fairness and respect		22.	I keep information confidential as appropriate		<b>B</b>
3.	I maintain composure and self-control even in very stressful situations		13.	My body posture and overall appearance communicate interest or engaged attention		23.	I display a positive attitude		<b>C</b>
4.	I show persistence, even when there are obstacles in the way of getting my job done		14.	I take on somewhat challenging work goals		24.	I undertake self-starting projects, tasks and programs		<b>D</b>
5.	I am timely in work, meetings and other commitments		15.	I follow through with commitments and responsibilities		25.	I learn from my mistakes and make changes accordingly		<b>E</b>
6.	I learn new methods for doing things		16.	I listen to feedback and consider the ideas and opinions of others		26.	I take steps to grow my skills and knowledge through development activities		<b>F</b>
7.	I take pride in fulfilling my role as a team member		17.	I support my coworkers to ensure our department's success		27.	I try to establish good working relationships		<b>G</b>
8.	I am open to new ideas about how to do things		18.	I take appropriate action even without having all the facts in hand		28.	I easily "change gears" in response to unexpected events		<b>H</b>
9.	I ask questions to understand customer needs		19.	I provide prompt and efficient responses to the requirements of customers		29.	I am calm and empathetic when dealing with hostile customers		<b>I</b>
10.	I embody my organization's mission in my actions		20.	I act in accordance with my organization's values		30.	I conduct myself at work in such a way that supports the priorities of others in my department or organization		<b>J</b>



## Professional Staff Development Program

### Professional Success Core Competencies

Self Assessment

Name \_\_\_\_\_

UCSF Learning and Organizational Development