My Participation Self Evaluation

Teamwork

1.	I volunteered willingly	Yes	No
2.	I was supportive of new ideas	Yes	No
3.	I appreciated the diversity brought by others	Yes	No
4.	I was enthusiastic about the opportunity to learn with my colleagues	Yes	No
5.	I encouraged silent members to provide input	Yes	No
6.	I worked to improve teamwork in	Yes	No

Communicating and Listening

1.	I listened to the end of statements before jumping to conclusions	Yes	No
2.	I listened for understanding	Yes	No
3.	I helped keep the group focused	Yes	No
4.	I asked for clarification when necessary	Yes	No
5.	I remained 100% focused during discussions	Yes	No
6.	I contributed willingly to the discussions	Yes	No
7.	I helped the group reach compromises and understanding	Yes	No
8.	Before speaking, I considered the value I would add	Yes	No

Learning/Dialog/Thinking

1.	I identified and challenged my own assumptions	Yes	No
2.	I remained open and receptive to all concepts	Yes	No
3.	I tried to see the issues through the other person's eyes	Yes	No
4.	I explored alternatives besides my opinion	Yes	No
5.	I incorporated individuals' perspectives in my analysis	Yes	No
6.	I tried to think from an "all department" perspective	Yes	No
7.	I was attentive to others' preferences	Yes	No

How satisfied am I with my participation? Why?

What will I do more or less of next time?

What will I change to be more effective?