Self-Assessment and Planning Worksheet

Competency: **Capacity for Improvement**

sets goals for continued improvement and learning of new skills and concepts; engages in reflection and practice for improvement; seeks and responds appropriately to feedback

**Current Achievement Level:**  ● Planning  ● Progressing  ● Achieving

This competency is important because:

What it says about me:

I have demonstrated this competency in the following ways:

and this is what I learned and how I grew from this experience:

which have influenced my interests and prepared me in the following ways:

My action plan for further learning and growth:

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Adapted from *Competency Resources and Self-Assessment Guide for Medical School Applicants* (2017). Association of American Medical Colleges.