

DESIRE TO LEARN

Self-Assessment and Reflection



THE CHALLENGE

Reflecting on growth achieved within specific domains can help to plan your personal and professional development.

Complete the self-assessment at the link [HERE](#). You will be asked to assess your abilities with respect to 10 roles. You must also comment on perceived strengths and areas that you would like to improve. Finally, you will need to have someone you trust and respect complete the assessment on your behalf to illustrate their perception of your abilities.

INSTRUCTIONS

- Review the self-assessment [HERE](#) by reflecting on your ability to serve in the following roles:
 - Author, Creator, Teacher, Mentor, Leader, Collaborator, Guide, Ambassador, Student, Manager.
 - You will be asked to describe your knowledge and skills with respect to each of the 10 roles as **Introductory**, **Developing** or **Advanced**.
- Choose someone whom you trust to provide genuine and constructive feedback and have them complete the self-assessment on your behalf.
 - This individual should be familiar with your work within the fire department.
 - Share an electronic copy of the assessment [HERE](#).
- Reflecting on your perceived abilities and the feedback received from your peer:
 - Describe 3 of your strengths using relevant examples.
 - Identify 3 areas that you would like to work on and your plan to do so.
 - Submit your self-assessment and that of your peer, and responses to all questions.

GRADING CRITERIA

- ✓ Self-assessment complete
- ✓ Peer assessment complete
- ✓ Describes strengths
- ✓ Describes areas that would like to work on
- ✓ Discusses strengths with relevant example
- ✓ Discusses how will improve in specific areas
- ✓ Single survey submission

SUBMISSION GUIDELINES

Responses to all questions (self-assessment, peer assessment, reflection) can be submitted once the Fit To Thrive member portal launches. No separate written submission will be required.