Self-Assessment Activity

**Instructions**

1. Drawing on Manchester Met’s Graduate Attributes, rate yourself against each Sub-attribute by giving yourself a score (1-3) and writing it in the ***Score*** column:

*1 = I need to develop this*

*2 = I am competent at this*

*3 = I am highly proficient at this*

**\***Don’t worry if you score 1 or 2 for any or all of these. The point of this self-assessment is to provide you with a base from which to start.

1. After giving yourself a score for all sub-attributes, consider:
   1. What was your overall score for each attribute?

Collaboration:

Creativity:

Professionalism:

Self-motivation:

Social awareness:

* 1. Are there any sub-attributes in which you scored 2 or 3? If so, were and how did you develop each of those sub-attributes?
  2. Are there any sub-attributes in which you scored 1? Which were they?

**Attribute: Collaboration**

You are a team player who builds supportive and trusted relationships with colleagues, following principles of fairness and creating an inclusive environment to succeed.

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| **Sub-attribute** | **Score** |
| **Influencing**    *You are confident in your ideas while using persuasion and negotiation to gain the trust and support of your team.* |  |
| **Taking responsibility**    *You take ownership of the decisions you make and have confidence in your actions.* |  |
| **Leadership**    *You can motivate and guide others with enthusiasm, empowering them to achieve common goals.* |  |
| **Communicating**    *You are clear and concise in your written and verbal communication while being able to listen to others.* |  |
| **Teamwork**    *You are an active team player who can also manage relationships within a team to succeed in your goal.* |  |

**Attribute: Creativity**

You are proactive, show initiative andare not afraid to try something new**.**You reflect on your experiences which informs your decision making.

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| **Sub-attribute** | **Score** |
| **Enterprising**    *As an enterprising student or graduate, you show initiative. You are ready to take on projects of importance, you show imagination when working on projects, and are able to spot an opportunity and act in a proactive manner.* |  |
| **Taking Risks**    *This is about you having the confidence to try something new, or do something differently. It is a mind-set and a way of thinking. You learn from both your positive and negative experiences, and doing something differently can sometimes help you to stand out in the crowd.* |  |
| **Divergent Thinking**    *Divergent thinking is a method of exploring thoughts. Getting out as many ideas as possible, no matter how ridiculous they may be, being explorative and open. Ideas can then be refined later.* |  |
| **Originality**    *Ask yourself “what can I do differently” – be open to taking risks, and volunteer to do something new. Originality is part of the divergent thinking process where you will have ideas that have more breadth and originality. By exploring all ideas, new and exciting ideas can develop.* |  |

**Attribute: Professionalism**

communicate positive values and attitudes and have anunderstanding of the wider environment in which an organisation operates**.**You understand how your role contributes to the overall aim and objective of the organisation. You deliver work outcomes to agreed quality standards and timescales and are accountable for your actions. You treat colleagues with respect; you contribute positively to the teams in which you work, and you listen to, support and encourage others.

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| **Sub-attribute** | **Score** |
| **Digital Connectivity**    *You can confidently use information and digital technologies to enhance academic, personal, and professional development.* |  |
| **Research**    *You can use skills in research and enquiry to identify and creatively tackle any challenges, and to seek out opportunities for learning.* |  |
| **Values**    *You understand an organisation’s values and strive to uphold and promote these in your work.* |  |
| **Integrity**    *You act with fairness, honesty, reliability and consistency in the workplace and take responsibility for your actions.* |  |

**Attribute: Self-motivation**

You are proactive, independent and take responsibility for your personal and professional development. You are motivated and self-directed with an inquisitive nature.

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| **Sub-attribute** | **Score** |
| **Resilience**    *You can deal with adverse situations, learn from them and move forward in a positive and flexible way.* |  |
| **Lifelong Learning**    *You are committed to your own personal development, with a natural motivation and a curiosity to learn* |  |
| **Self-awareness**    *You understand yourself and how you are perceived by others. You are confident about your own narrative and can talk about your strengths and key areas for development.* |  |

**Attribute: Social Awareness**

As a socially aware person you have a sense of your place in your community, your university, your workplace and the wider world.

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| **Sub-attribute** | **Score** |
| **Community Perspective**    *You are part of communities at home, at university and at work. Students and alumni contribute not only to the Manchester Metropolitan community, but also to all the communities and lives you touch. How do you engage with those communities?* |  |
| **Global Perspective**    *You are part of a wider world. Your actions and decisions impact upon this world. The decisions you make are made with this global perspective in mind. You ask questions about sustainability and environmental impact, and you understand how businesses and individuals interact in a global setting.* |  |