

Personal Competencies Inventory

Follow-up - DVP 1

Utilize SWOT to complete this inventory. You are NOT being graded on your responses. How much have you grown this month? This is for you!

Which section are you in? *

Section 1 ▼

Name *

Last, First

Umholtz,Tomas

Term *

yearmonth (ex. 1601)

C201602

Writing competency: This encompasses all forms of written communication. *

This includes: formal papers, presentations, discussions, assignments, etc.

- ☐ 0 - I am completely uncomfortable writing at the college-level.
- ☐ 1 - I am quite uncomfortable writing at the college-level.
- ☐ 2 - I am uncomfortable writing at the college-level.
- ☐ 3 - I am comfortable writing at the college-level; but, know I could work on this.
- ☒ 4 - I am quite comfortable writing at the college-level; but, know I there are a couple of things on which I could improve.
- ☐ 5 - I am completely comfortable writing at the college-level.

Speaking competency: This encompasses all forms or verbal communication. *

This includes: presentations, class discussions, conversations with instructors, etc.

- ☐ 0 - I am completely uncomfortable speaking at the college-level.
- ☐ 1 - I am quite uncomfortable speaking at the college-level.
- ☐ 2 - I am uncomfortable speaking at the college-level.
- ☒ 3 - I am comfortable speaking at the college-level; but, know I could work on this.
- ☐ 4 - I am quite comfortable speaking at the college-level; but, know I there are a couple of things on which I could improve.
- ☐ 5 - I am completely comfortable speaking at the college-level.

Math competency: I can use quantitative techniques to solve real world problems: *

This includes: basic math, logic, analysis of numbers

- ☐ 0 - I am completely uncomfortable using quantitative techniques to solve real world problems.
- ☐ 1 - I am quite uncomfortable using quantitative techniques to solve real world problems:
- ☐ 2 - I am uncomfortable using quantitative techniques to solve real world problems:
- ☐ 3 - I am comfortable using quantitative techniques to solve real world problems:
- ☒ 4 - I am quite comfortable using quantitative techniques to solve real world problems: but, know I there are a couple of things on which I could improve.
- ☐ 5 - I am completely comfortable using quantitative techniques to solve real world problems:

Personal Improvement Reflection: *

0 - I can identify three areas in which I have experienced personal growth since I started classes at Full Sail.

- 1 - I can identify three areas in which I need additional growth.
- 2 - I have a Personal Development Plan for my life (IDP).
- 3 - I have set goals for 5 years from now.
- 4 - I have set goals for 10 years from now.
- 5 - I take every day as it comes, I can't be worried about tomorrow.

Critical Thinking: Carefully and logically analyze information and ideas from multiple perspectives in order to develop reasoned solutions to problems. *

- ☐ 0 - I am completely uncomfortable analyzing information and ideas from multiple perspectives in order to develop reasoned solutions to problems.
- ☐ 1 - I am quite uncomfortable analyzing information and ideas from multiple perspectives in order to develop reasoned solutions to problems.
- ☐ 2 - I am uncomfortable analyzing information and ideas from multiple perspectives in order to develop reasoned solutions to problems.
- ☐ 3 - I am comfortable analyzing information and ideas from multiple perspectives in order to develop reasoned solutions to problems.
- ☐ 4 - I am quite comfortable analyzing information and ideas from multiple perspectives in order to develop reasoned solutions to problems.
- ☒ 5 - I am completely comfortable analyzing information and ideas from multiple perspectives in order to develop reasoned solutions to problems.

Critical Thinking: I apply scientific inquiry or research to solving problems. *

- ☐ 0 - I am completely uncomfortable applying scientific inquiry or research to solving problems.
- ☐ 1 - I am quite uncomfortable applying scientific inquiry or research to solving problems.
- ☐ 2 - I am uncomfortable applying scientific inquiry or research to solving problems.

- ☐ 3 - I am comfortable applying scientific inquiry or research to solving problems.
- ☒ 4 - I am quite comfortable applying scientific inquiry or research to solving problems.
- ☐ 5 - I am completely comfortable applying scientific inquiry or research to solving problems.

Critical Thinking: I defend ideas with appropriate support. *

- ☐ 0 - I am completely uncomfortable defending ideas with appropriate support.
- ☐ 1 - I am quite uncomfortable defending ideas with appropriate support.
- ☒ 2 - I am uncomfortable defending ideas with appropriate support.
- ☐ 3 - I am comfortable defending ideas with appropriate support.
- ☐ 4 - I am quite comfortable defending ideas with appropriate support.
- ☐ 5 - I am completely comfortable defending ideas with appropriate support.

Effective interpersonal interactions: This includes written, verbal and non-verbal interactions. *

0 - I understand and can explain how culture can impact individual perception, action, and actions.

1 - I understand and can explain how social structure can impact individual perception, action, and actions.

2 - I understand and can explain how diversity can impact individual perception, action, and actions.

3 - I understand and can explain how key elements of historical context can impact individual perception, action, and actions.

4 - I need to work on this area.

Digital Literacy Technologies: I know which digital tool to present information. *

- ☐ 0 - I am completely uncomfortable choosing the correct digit tool to present information.
- ☐ 1 - I am quite uncomfortable choosing the correct digit tool to present information.
- ☐ 2 - I am uncomfortable choosing the correct digit tool to present information.
- ☐ 3 - I am comfortable choosing the correct digit tool to present information.
- ☒ 4 - I am quite comfortable choosing the correct digit tool to present information.
- ☐ 5 - I am completely comfortable choosing the correct digit tool to present information.

Digital Literacy Technologies: I know which technologies to use for researching and locating information. *

- ☐ 0 - I am completely uncomfortable choosing the correct digit tool to use for researching and locating information.
- ☐ 1 - I am quite uncomfortable choosing the correct digit tool to use for researching and locating information.
- ☐ 2 - I am uncomfortable choosing the correct digit tool to use for researching and locating information.
- ☒ 3 - I am comfortable choosing the correct digit tool to use for researching and locating information.
- ☐ 4 - I am quite comfortable choosing the correct digit tool to use for researching and locating information.
- ☐ 5 - I am completely comfortable choosing the correct digit tool to use for researching and locating information.

TEM: Concept Mapping *

- ☐ 0 - I am completely uncomfortable with when and how to use a concept map.

- ☐ 1 - I am quite uncomfortable with when and how to use a concept map. and locating information.
- ☐ 2 - I am uncomfortable with when and how to use a concept map.for researching and locating information.
- ☐ 3 - I am comfortable with when and how to use a concept map.g and locating information.
- ☒ 4 - I am quite comfortable with when and how to use a concept map.e for researching and locating information.
- ☐ 5 - I am completely comfortable with when and how to use a concept map.

Time Management *

This includes all aspects of life

- ☐ 0 - I struggle immensely with time management.
- ☐ 1 - At times I struggle with time management.
- ☐ 2 - My time management is so-so.
- ☐ 3 - I have a pretty good handle on my time management.
- ☒ 4 - I have this time management thing in the bag.

Art History: Formal Elements of Art Vocabulary *

Line, Shape, Space, Color: Value; Saturation; Contrast, Texture

- ☐ 0 - I am completely uncomfortable with the formal elements of art vocabulary.
- ☐ 1 - I am quite uncomfortable with the formal elements of art vocabulary.. and locating information.
- ☐ 2 - I am uncomfortable with the formal elements of art vocabulary.or researching and locating information.
- ☒ 3 - I am comfortable with the formal elements of art [vocabulary.pt](#) map.g and locating information.
- ☐ 4 - I am quite comfortable with the formal elements of art vocabulary.arching and locating information.

- ☐ 5 - I am completely comfortable with the formal elements of art vocabulary.

Art History: Universal Principles of Design Vocabulary *

Balance, Emphasis/Focus, Movement, Pattern, Repetition, Proportion, Rhythm, Variety, Unity

- ☐ 0 - I am completely uncomfortable with the formal elements of art vocabulary.
- ☐ 1 - I am quite uncomfortable with the formal elements of art vocabulary.. and locating information.
- ☒ 2 - I am uncomfortable with the formal elements of art vocabulary.or researching and locating information.
- ☐ 3 - I am comfortable with the formal elements of art [vocabulary.pt](#) map.g and locating information.
- ☐ 4 - I am quite comfortable with the formal elements of art vocabulary.arching and locating information.
- ☐ 5 - I am completely comfortable with the formal elements of art vocabulary.

Psychology of Play: RISE Model for Self Evaluation *

Reflect, Inquire, Suggest, Elevate

- ☐ 0 - I am completely uncomfortable with the RISE Model for Self Evaluation.
- ☐ 1 - I am quite uncomfortable with the RISE Model for Self Evaluation.
- ☐ 2 - I am uncomfortable with the RISE Model for Self Evaluation.ulary.or researching and locating information.
- ☐ 3 - I am comfortable with the RISE Model for Self Evaluation.
- ☒ 4 - I am quite comfortable with the RISE Model for Self Evaluation.hing and locating information.
- ☐ 5 - I am completely comfortable with the fRISE Model for Self Evaluation.

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