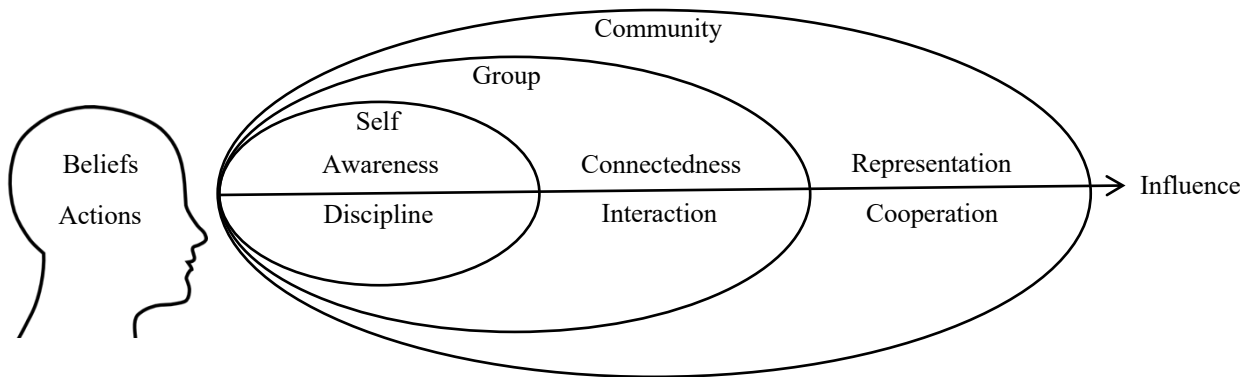


Teamwork Model



	Self	Group	Community
Beliefs	<p>Awareness:</p> <p>The quality or state of being self-aware, managing one's emotions, and feeling self-assured</p>	<p>Connectedness:</p> <p>A feeling of belonging to or having affinity with a particular person or group.</p>	<p>Representation:</p> <p>The fact of one person standing for another so as to have the rights and obligations of the person or group represented.</p>
Actions	<p>Discipline:</p> <p>A mode or standard of personal behavior based on moral principles. The act, manner, or process of carrying on.</p>	<p>Interaction:</p> <p>The manner of communicating and reacting to others (both verbally and non-verbally).</p>	<p>Cooperation:</p> <p>The act of individuals working together to achieve a defined and common purpose.</p>

Teamwork Assessment

Overview:

The Teamwork Assessment is not a test! It is a means for learning more about yourself and your capacity for influence within a team. The results are not directly comparable to those of others.

Instructions:

- 1) Complete the background information. All of your answers will be kept confidential.
- 2) Complete the self-assessment. It should take approximately 10 minutes to complete.
- 3) Calculate your scores according to the instructions at the end.
- 4) Think carefully about your scores and complete the goal sheet.

Background:

Gender: ☐ Male ☐ Female
Age: _____

Years of work experience: _____
Years at university: _____

Assessment:

Respond to the statements that follow by checking the appropriate box. Do so quickly and honestly. Your first impression is the best. Be sure to only select one response for each statement.

		Never	Seldom	Sometimes	Often	Always
1.	I quickly realize when my thoughts turn negative or make me angry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	I am guided by my own beliefs and values rather than what others think, say or do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	I am open to new ideas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	I can take a tough, principled stand even if it is unpopular.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	I will challenge unethical actions of others when needed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	I respect the time and interests of others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	I try to be empathetic with other's feelings during meetings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Competency: _____

Score: _____

		Never	Seldom	Sometimes	Often	Always
8.	I am open to feedback during discussions with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	I can articulate feelings and emotions appropriately during meetings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	I strive to show compassion to others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11.	I can reflect on my actions, learning from my mistakes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	I think clearly and stay focused under pressure when I have to make tough decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13.	I constantly strive to improve myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14.	I am willing to change the way of doing things when current methods are not working.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Competency:

Score:

		Never	Seldom	Sometimes	Often	Always
15.	I freely share my thoughts and feelings with others in my group.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16.	I will challenge bias and intolerance by speaking up when needed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17.	I respect the viewpoints, backgrounds and opinions of others in my group.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18.	I strive to build rapport with others in my group.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19.	I like to see others in my group succeed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20.	I try to help others in my group develop their strengths.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21.	I am respectful and courteous toward other group members.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Competency:

Score:

		Never	Seldom	Sometimes	Often	Always
22.	I actively seek ways to resolve conflicts with others in my group.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23.	I try to maintain a positive attitude toward other group members.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24.	I communicate honestly during group discussions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25.	I actively participate in group discussions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26.	I try to be an example.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27.	I take my role seriously and encourage others in the group to do the same.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28.	I help ensure that everyone gets the opportunity to speak during group meetings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Competency:

Score:

		Never	Seldom	Sometimes	Often	Always
29.	I strive to meet the expectations of the community members I represent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30.	I am loyal to the community and encourage others to be as well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.	I fully understand the implications of community decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32.	I strive to place the best interests of the community over my self-interests.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.	I come to community meetings prepared and well informed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.	I disclose any potential conflicts of interest in community decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35.	I strive to understand the needs of community members whose situation is different from mine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Competency:

Score:

		Never	Seldom	Sometimes	Often	Always
36.	I strive to adhere to the rules and policies of the community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37.	I discourage negative discussions about other people's responsibilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38.	I openly and publicly express the value the community provides to members.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39.	I consider the community's mission and/or goals when making decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40.	I discuss sensitive and confidential information only when it's appropriate.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41.	I consider the implied risks to the community when making decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42.	I actively strive to fulfill my community assignments outside of meetings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Competency:

Score:

Scoring:

Label each group of statements with the corresponding model competency as follows.

Statements 1-7: Awareness
 Statements 8-14: Discipline
 Statements 15-21: Connectedness
 Statements 22-28: Interaction
 Statements 29-35: Representation
 Statements 36-42: Cooperation

Award yourself 0-4 points for each response as follows. Add all the points for each competency and record the score.

Always: 4 points
 Often: 3 points
 Sometimes: 2 points
 Seldom: 1 point
 Never: 0 points

Goals:

Transfer the score for each competency to the form that follows. Ask yourself how you feel about this competency. If you feel satisfied with your score, mark “Good to go!” If you feel a need to grow in that area, mark “Needs work.” Select one characteristic that “Needs work” and reflect on ways you might improve.

Influence on Self

Awareness _____ / 28

☐ Needs work. ☐ Good to go!

Discipline _____ / 28

☐ Needs work. ☐ Good to go!

Influence on Group

Connectedness _____ / 28

☐ Needs work. ☐ Good to go!

Interaction / 28

☐ Needs work. ☐ Good to go!

Influence on Community

Representation _____ / 28

☐ Needs work. ☐ Good to go!

Cooperation / 28

☐ Needs work. ☐ Good to go!

What will you commit to do to improve in your chosen area?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.