



Andrew Carroll <athomascarroll@gmail.com>

Professional Competencies Self-Assessment

1 message

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To: athomascarroll@gmail.com

Sat, Nov 25, 2023 at 8:50 AM

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Professional Competencies Self-Assessment

This form will help you identify areas of strength and growth. Be intentional when answering to help you focus on your long term career development. Keep track of your top three areas of strength, and your top three growth areas you need to focus on.

Email *

athomascarroll@gmail.com

First and last name *

Andrew

Current course code *

This should follow the format of: "seattle-201d77" or "seattle-javascript-401n33"



seattle-ops-301d10

Business Acumen Competency

Demonstrates keen understanding of business operations and customer needs. Uses this to drive the organization towards broader business objectives, in consistent alignment with company mission and vision.

Business acumen: mission and vision alignment proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Business acumen: customer orientation proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Communication Competency

Demonstrates proficiency in written and verbal communications, active listening, and exchanging ideas/knowledge.

Communication: reading proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Communication: writing proficiency *



1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Communication: speaking proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Communication: listening proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Craft Competency

Demonstrates proficiency in all aspects of their chosen craft, including tools, technologies, process and methodology.

Craft: technical proficiency *

1 2 3 4

Poor ☐ ☒ ☐ ☐ Excellent

Craft: process proficiency *



1 2 3 4

Poor ☐ ☒ ☐ ☐ Excellent

Craft: innovation proficiency *

1 2 3 4

Poor ☐ ☐ ☒ ☐ Excellent

Craft: tool proficiency *

1 2 3 4

Poor ☐ ☒ ☐ ☐ Excellent

Growth Mindset Competency

Demonstrates commitment to continuous improvement through adaptability, optimism, curiosity, and openness to feedback.

Growth mindset: adaptability proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Growth mindset: curiosity proficiency *



1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Growth Mindset: constant improvement proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Growth Mindset: handling ambiguity proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Growth Mindset: inclusivity proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Growth Mindset: openness proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Growth Mindset: ambition and initiative proficiency *



1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Leadership Competency

Demonstrates proficiency in influencing others by modeling accountability & integrity, building relationships, and mentoring others.

Leadership: accountability proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Leadership: Integrity proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Leadership: ownership proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Leadership: mentorship proficiency *



1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Leadership: networking proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Leadership: succession proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Leadership: health and safety proficiency *

1 2 3 4

Poor ☐ ☐ ☒ ☐ Excellent

Leadership: confidence proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Leadership: credibility proficiency *



1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Quality Competency

Demonstrates ability to effectively assess quality of work including that of their own and others, using keen attention to detail. Effectively identifies the root cause of problems with rigor, provides and applies solutions that prevent recurrence.

Quality: judgement proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Quality: root cause resolution proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Results Competency

Demonstrates proficiency in planning and prioritizing to overcome obstacles, solve problems, and achieve results on schedule.

Results: agile proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Results: organizational proficiency *



1 2 3 4

Poor ☐ ☐ ☒ ☐ Excellent

Results: creative proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Results: project execution proficiency *

1 2 3 4

Poor ☐ ☐ ☒ ☐ Excellent

Results: analytical thinking proficiency *

1 2 3 4

Poor ☐ ☐ ☒ ☐ Excellent

Results: prioritization proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Results: problem solving proficiency *



1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Results: incremental delivery proficiency *

1 2 3 4

Poor ☐ ☐ ☒ ☐ Excellent

Results: decision making proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Results: appropriate autonomy proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Results: planning and estimating proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Results: dependability and reliability proficiency *



1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Teamwork Competency

Demonstrates commitment to team success by building collaborative relationships and adhering to team goals.

Teamwork: collaboration proficiency *

1 2 3 4

Poor ☐ ☐ ☐ ☒ Excellent

Summary

Which of the professional proficiencies are areas of strength for you? How can you best leverage your strengths? *

Communication and inclusivity.

Which of the professional proficiencies are areas of growth for you? How can you best challenge yourself to improve in these areas? *

Technical. Practice practice practice.

Version 1

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