

## SELF-ASSESSMENT OF SKILL LEVEL\*

Please indicate your perception of your level of ability in each area using the following scale:

- 5 = High level of competence - extensive experience in the skill area
- 4 = Moderately high level of competence - good experience in the skill area
- 3 = Average level of competence – some experience in the skill area
- 2 = Low level of competence – little experience in the skill area
- 1 = No level of competence – no experience in the skill area

	<b>Skill areas</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>1.</b>	<b>Communication Skills</b>					
	a. Verbal/Expressive Language Skills					
	b. Listening Skills					
	c. Written Skills					
	d. Understanding of Non-Verbal Skills					
<b>2.</b>	<b>Assessment of Client Systems</b>					
	a. Individuals					
	b. Families/households					
	c. Groups					
	d. Organizations					
	e. Neighborhoods/Communities					
<b>3.</b>	<b>Contracting and Formulating Goals</b>					
	a. With an individual					
	b. With a group					
	c. With a family/household					
	d. With an organization					
	e. With a neighborhood or community					
<b>4.</b>	<b>Intervention Skills</b>					
	a. Establishing and maintaining empathic relationships					
	b. Crisis intervention					
	c. Counseling skills					
	d. Case management skills					
	e. Advocacy skills					
	f. Brokerage skills (information & referral, resource identification)					
	g. Mediation skills (conflict resolution, consensus building)					
	h. Networking skills					
	i. Group facilitation skills					
	j. Education/training skills					
	k. Termination skills					
<b>5.</b>	<b>Ability to apply Theory to Practice</b>					
	List applicable theories for your practice:					
<b>6.</b>	<b>Familiarity with Specialized Fields &amp; Terminology:</b>					
	a. Psychiatric/mental health (including DSM IV)					
	b. Medical					
	c. Child Welfare					
	d. Gerontology					
	e. Other (please describe)					

	<b>Skill areas – continued</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>7,</b>	<b>Professional Recording Skills</b>					
	a. Process recordings					
	b. Social histories					
	c. Individual progress notes					
	d. Group progress notes					
	e. Agency or community needs assessment					
	f. Agency correspondence					
<b>8.</b>	<b>Awareness in practice situations of:</b>					
	a. Sexism					
	b. Racism					
	c. Ageism					
	d. Heterosexism					
	e. Classism					
<b>9.</b>	<b>Experience with:</b>					
	a. Policy analysis (in practice setting)					
	b. Program evaluation					
<b>10.</b>	<b>Understanding Professional Areas of Practice:</b>					
	a. Supervision & evaluation of your practice (by others)					
	b. Supervision skills (supervising others)					
	c. Familiarity with the NASW Code of Ethics					
	d. Recognition of ethical dilemmas in practice					
	e. Personal stress management					
	f. Self-direction and motivation					

\* Modified from Colorado State University Field Manual, 1999-2002

## **Privacy Policy**

State law requires that you be informed of the following:

- (1) You are entitled to request to be informed about the information about yourself collected by use of this form (with a few exceptions as provided by law);
- (2) You are entitled to receive and review that information; and
- (3) You are entitled to have the information corrected at no charge to you