Title: Self-assessment scale

Exercise Code: SLINTEGRA038

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| Modules: | Group size: | Duration: |
| 1. Social Learning  11. Reflection & Evaluation | Small group  Large group | 30 min |

**Purpose:**

* To help group members evaluate their behavior in a group
* To determine strengths and weaknesses as a group member or as a group leader
* To determine the degree to which you may be a productive group member
* To self-check feelings inside the group
* To recognize our own virtues as well as weaknesses as a member of a certain group

**Description:**

The aim of this exercise is to evaluate one’s behavior in a group. You can determine your strengths and weaknesses by rating yourself as you see yourself at this times. After everyone has completed the inventory, the group should break into small groups, each person trying to join the people he or she knows best. Members of the group should then assess ones another self –ratings.

Participants rate themselves from 1 to 5 on each of the self-descriptions on the handout, using these extremes:

* 1. This is almost always true of me.
  2. This is frequently true of me.
  3. This is sometimes true of me.
  4. This is rarely true of me.
  5. This is never true of me.

**Material:**

Paper, pencil

**Methods:**

Experiental learning, evaluation

The exercise can help group members to evaluate their behaviour in a group, but it can also be used by a group leader.

**Advice for Trainer:**

The trainers should stress that the participants be honest in their self-evaluation, because that is how they will get a realistic picture about how they feel in the group. It is very important that the group maintains a safe and trusting environment.

**Source/Literature:**

Adapted from Corey, Marianne, Gerald Corey and Cindy Corey: “Groups: process and practice”, Brooks/Cole 2010

**Handouts:**

Self assessment scale