

RESIDENT PROFESSIONAL DEVELOPMENT SELF-ASSESSMENT FORM
UMDNJ New Jersey Medical School

Resident Name: _____

Date: _____

The professional development self assessment form is designed to give you, the resident physician, an opportunity to reflect on your professionalism. For the following items, please be as specific as possible in your comments. The main point of this form is to aid you in developing your professional identity, attitudes, and behaviors.

<p>RELIABILITY and RESPONSIBILITY: Development of accountable and dependable behavior as it relates to oneself and others.</p> <p>Strong Avg. Needs Improv.</p> <p><input type="checkbox"/> I perform duties and tasks assigned in a timely manner.</p> <p><input type="checkbox"/> I can be trusted to complete assignments independently within own ability.</p> <p><input type="checkbox"/> I seek help appropriately, and am not afraid to admit something is beyond my abilities.</p> <p><input type="checkbox"/> I recognize the needs of others and respond in a relevant manner.</p> <p>My Insights/Examples:</p>	<p>HONESTY/INTEGRITY: An approach to working with others, and in self-awareness, which is truthful and sound.</p> <p>Strong Avg. Needs Improv.</p> <p><input type="checkbox"/> I am truthful with myself.</p> <p><input type="checkbox"/> I am truthful with peers and my school work (i.e. research, presentations, patients, exams, etc.).</p> <p><input type="checkbox"/> I am trustworthy and reliable.</p> <p><input type="checkbox"/> I display a genuine effort to do my best work.</p> <p>My Insights/Examples:</p>	<p>MATURITY: The virtue of being duly adequate and careful, particularly with respect to knowledge, interactions, and critique.</p> <p>Strong Avg. Needs Improv.</p> <p><input type="checkbox"/> I take responsibility for my own actions.</p> <p><input type="checkbox"/> I interact with others in a dignified manner.</p> <p><input type="checkbox"/> I display an adequate knowledge base and the willingness to learn more.</p> <p><input type="checkbox"/> I interact constructively with others in group discussions.</p> <p><input type="checkbox"/> I avoid abusing my own privilege and power.</p> <p>My Insights/Examples:</p>
<p>RESPECT FOR OTHERS: Works effectively and cooperatively with others.</p> <p>Strong Avg. Needs Improv.</p> <p><input type="checkbox"/> I work effectively in groups.</p> <p><input type="checkbox"/> I show regard for members of the group.</p> <p><input type="checkbox"/> I listen well to others and communicate effectively with others.</p> <p><input type="checkbox"/> I honor the choices and rights of others.</p> <p><input type="checkbox"/> I convey respect for others through attitudes, actions, and behavior.</p> <p>My Insights/Examples:</p>	<p>CRITIQUE: The ability to seek, accept, and receive feedback about self (internal critique) and the ability to give feedback to others (external critique).</p> <p>Strong Avg. Needs Improv.</p> <p><input type="checkbox"/> I readily accept critique and implement appropriate alterations in behavior/attitude.</p> <p><input type="checkbox"/> I recognize my own limitations and seek advice and consultation when needed.</p> <p><input type="checkbox"/> I am self-reflective and concerned with continuous self and professional growth.</p> <p><input type="checkbox"/> I offer constructive critique to peers in an appropriate manner.</p> <p>My Insights/Examples:</p>	<p>ALTRUISM: Attending to and being motivated by the needs of others.</p> <p>Strong Avg. Needs Improv.</p> <p><input type="checkbox"/> I demonstrate sincere concern for the welfare of others.</p> <p><input type="checkbox"/> I act in a manner which is conducive to the sharing of knowledge with others.</p> <p><input type="checkbox"/> I work toward the common good of patients and others.</p> <p>My Insights/Examples:</p>

INTERPERSONAL SKILLS: The ability to relate appropriately and positively to others.

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- I listen to and communicate effectively with others.
 I work effectively and cooperatively with fellow students.
 I present an appropriate image of self-confidence, caring, and readiness to listen.
 I am aware of my emotions and able to manage emotions appropriately.

My Insights/Examples:

IMPAIRMENT-PSYCHOLOGICAL/CHEMICAL: An impaired individual is one who is not functioning at an acceptable level of competence -- personally, socially, or professionally -- or whose behavior seriously endangers themselves or others as a result of substance abuse or psychological problems.

- | | | |
|--------------------------|--------------------------|--------------------------|
| Frequently | Seldom | Never |
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- I show an unusual change in my personal hygiene, dress, neatness.
 I feel confused, drowsy, inattentive.
 I am hostile, angry, confrontational, disruptive, and/or aggressive.
 I display my emotions in situationally inappropriate ways.
 I am excessively reserved, isolated, quiet, uninvolved, and/or non-participatory.
 I engage in behavior(s) that endanger or threaten myself or others.
 I am unable to generate an objective self-assessment.

My Insights/Examples:

What steps will you take to address areas of weakness?

What do you perceive to be your strengths?

What are your professional goals for the coming year?