Self-Assessment in the College Curriculum

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# Self-Assessment in the College Curriculum

## Self-Assessment

- "...the process of reflecting on and evaluating your personal characteristics..." (Cuseo, Fecas, & Thompson, n.d., p. 28)
- The use of self-assessment in the college curriculum is an extensive and wide-reaching endeavor. In essence, through a variety of pedagogical and curricular methods, students are given the opportunity to think about themselves.

### Introspection and Metacognition

- Students may identify their abilities, strengths, preferences, challenges, perspectives, worldviews, and backgrounds
- Examples
  - FOCUS 2, Myers-Briggs Type Indicator
  - Essays on one’s own cultural influences, values, identity, or perspectives

## Student Perspectives

- The following quotes are taken from presentations in the Fall of 2017, across four sections with over one-hundred students total. Quotes were chosen because they referenced the FOCUS 2 self-assessment we completed as part of an assignment:
  - "Helped me reflect on my values, interests, and personality. Opened me to different parts of myself."
  - "Gave me a list of majors that reflected my personality. Reminded me of some of my personal traits."

## College Success

- Among other areas, there are implications for learning habits, learning styles, and academic self-concept (Cuseo, Fecas, & Thompson, n.d.)

## Resources and where to find them

**FOCUS 2**


- FOCUS 2 is an online self-assessment tool used for career/major exploration

**Myers-Briggs Type Indicator**


- The Myers-Briggs Type Indicator is used to identify personality and preferences

## Contact

- For lessons, assignments, topics, or ideas on self-assessment in the curriculum, please feel free to email me

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