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Self-Assessment in the College Curriculum

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**Self-Assessment in the College Curriculum**

**The practice and the need it addresses**

**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

**Evidence this practice benefits UNLV Students**

**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

**Curriculum**
- **Majors/Careers:** FOCUS 2 may be beneficial for helping students gain insight into a major/career. Students can take the various self-assessments on FOCUS 2 and investigate majors/careers from the results. Students can also reflect upon their results.

- **Identity and Culture:** In an effort to understand one's relationships and interactions with various perspectives, students can investigate their own identity and/or culture, and its implications. Students can write a reflective essay.

**Contact**
- For lessons, assignments, topics, or ideas on self-assessment in the curriculum, please feel free to email me joseph.ervin@unlv.edu