

Performance Assessment Task

Unit 3: Foundations for Success

Self Awareness [U3C1L1]

This performance assessment task gives you an opportunity to document your achievement of the lesson's competency:

Determine your behavioral preferences



Directions

For this performance assessment task you will explore your Winning Colors®. For this assessment you will:

1. Complete Exercise #4: Self Awareness Matrix.
2. Write a reflection about applying Winning Colors® in a situation.
3. Use the attached scoring guide criteria for what you need to do to complete this task.
4. Submit your completed performance assessment task and scoring guide to your instructor for evaluation and a grade.

RECOMMENDATION: It is recommended that you add this performance assessment task to your Cadet Portfolio.

Self Awareness Performance Assessment Task Scoring Guide

Criteria	Ratings
1. You apply your Winning Colors® to a variety of situations in Exercise #4	met not met
2. You rank the behaviors that you are most likely to exhibit in each situation from 1 (most likely) to 4 (least likely) in Exercise #4	met not met
3. You provide specific examples of how you would demonstrate each color in each situation in Exercise #4	met not met
4. Your reflection summarizes how your preferred behaviors help or hinder a given situation	met not met
5. Your reflection identifies strategies for dealing with a situation more effectively by applying your knowledge of Winning Colors®	met not met
6. Your work is complete, clear, and legible	

Comments:

Name: _____ **Date:** _____

Evaluator's Signature: _____ **Date:** _____