**Self-Assessment**

For each of the seven Educational Goals in the Individual Development Plan (IDP), review the questions and respond in the space provided. *Don’t feel obligated to answer them all; just answer the ones that seem most relevant.* Record your immediate thoughts; don’t overthink it.Then, rate your skills on the scale given at the bottom of the page. After you have completed the written self-assessment, share it with your advisor/mentor and ask for their feedback.

# 1) ORE Specialization

Are you prepared for the ORE graduate program in which you are seeking a degree? If seeking an MS degree in ORE, have you taken the 5 required courses: 1) statics, 2) dynamics, 3) fluid mechanics, 4) solid mechanics, and 5) statistics? If seeking a PhD degree in ORE, have you taken the 4 core courses or have sufficient knowledge on each topic: 1) ORE411 Buoyancy and Stability, 2) ORE601 Laboratory, 3) ORE603 Oceanography for Ocean Engineers, and 4) ORE607 Wave Mechanics? What ORE option area will you focus your coursework on: 1) coastal, 2) offshore, 3) ocean resources, or 4) oceanographic? Are there specific courses you should enroll in to gain additional knowledge or explore your interests? What domain-specific skills would you like to develop or improve (e.g. software, theories,...)?

Response:

Please evaluate your skills and abilities in the expected ORE discipline. Use a scale of 1 (not at all proficient) to 5 (highly proficient) with the symbol “**X**”. If something is not applicable, select N/A.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 | N/A |
| *Knowledge of pre-program courses such basic science, mathematics, and engineering (calculus, ODE, mechanics)* |  |  |  |  |  |  |
| *Knowledge of concepts and theories related to the 5 required undergraduate courses: 1) statics, 2) dynamics, 3) fluid mechanics, 4) solid mechanics, and 5) statistics* |  |  |  |  |  |  |
| *Pre-program examination: ORE general exam or FE exam* |  |  |  |  |  |  |
| *Practical skills - laboratory and fieldwork* |  |  |  |  |  |  |
| *Computer coding or scripting* |  |  |  |  |  |  |
| *Interpretation of data* |  |  |  |  |  |  |
| *Ability to find supplemental information on a topic and be a self learner* |  |  |  |  |  |  |
| *Narrow the scope of your discipline-specific track* |  |  |  |  |  |  |

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# 2) Research and Training

What specific protocol or techniques do you need to learn to be proficient in the laboratory, field, computational, and/or analytical work? What are your research goals? If pursuing an MS in ORE, are you planning to pursue Plan A thesis or Plan B project? What research-related skills have you acquired to date? What research-related skills would you like to develop or improve? What feedback have you received on your research project(s)? Are there fellowships (national, state, or university) you plan to apply for this year that include a research proposal or essay? Indicate award amount and due dates.

Response:

Please evaluate your skills and abilities in the area of research. Use a scale of 1 (not at all proficient) to 5 (highly proficient) with the symbol “**X**”. If something is not applicable, select N/A.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 | N/A |
| *Knowledge of concepts and theories related to your project* |  |  |  |  |  |  |
| *Knowledge of past & current literature related to your project* |  |  |  |  |  |  |
| *Laboratory skills* |  |  |  |  |  |  |
| *Computer and coding skills*  |  |  |  |  |  |  |
| *Fieldwork skills* |  |  |  |  |  |  |
| *Data management* |  |  |  |  |  |  |
| *Data analysis including statistics* |  |  |  |  |  |  |
| *Critical evaluation of data* |  |  |  |  |  |  |
| *Creativity in designing experiments and new research directions* |  |  |  |  |  |  |
| *Problem solving and troubleshooting*  |  |  |  |  |  |  |
| *Seeking research help and feedback when needed* |  |  |  |  |  |  |
| *Learn about new developments in your research area including library resources and peer-reviewed journals* |  |  |  |  |  |  |
| *Perform independent research* |  |  |  |  |  |  |
| *Develop research questions that could evolve into your thesis, or dissertation, or next research topic* |  |  |  |  |  |  |

# 3) Teaching and Mentoring

What are your teaching and mentoring goals? Have you ever taught, guest-lectured or served as a TA, or plan to in the next 12 months? What feedback have you received on your teaching? What teaching skills or knowledge would you like to improve? Have you ever served as a mentor? What qualities/skills do you associate with good mentoring? What mentoring skills would you like to improve?

Response:

Please evaluate your skills and abilities in the area of teaching and mentoring. Use a scale of 1 (not at all proficient) to 5 (highly proficient) with the symbol “**X**”. If something is not applicable, select N/A.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 |  N/A |
| *Familiarity with inquiry-based learning* |  |  |  |  |  |  |
| *Familiarity with active learning strategies* |  |  |  |  |  |  |
| *Encouraging student participation*  |  |  |  |  |  |  |
| *Use of instructional technologies*  |  |  |  |  |  |  |
| *Providing constructive feedback* |  |  |  |  |  |  |
| *Careful listening* |  |  |  |  |  |  |
| *Respecting diversity* |  |  |  |  |  |  |
| *Providing career guidance* |  |  |  |  |  |  |
| *Serving as a role model* |  |  |  |  |  |  |
| *Seeking teaching/mentoring help when needed* |  |  |  |  |  |  |

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# 4) Place, Culture, and Ethics

How does place and/or culture influence your identity? How has place and/or culture influenced your research? Do you feel connected to the community you live in or the one you would like to work in? What would you like to learn about the Hawaiian language, places, or culture? What opportunities or resources would help you to integrate place and/or culture into your research (if relevant)? Are you familiar with engineering practices and ethics? Are you familiar with cultural, societal, and/or environmental practices within engineering? Have you conducted the necessary training on research ethics? What networking opportunities within ORE, University of Hawai`i, State of Hawai`i, or nationally are you familiar with? What networking skills would you like to develop?

Response:

Please evaluate your skills and abilities in the area of cultural and ethical competence. Use a scale of 1 (not at all proficient) to 5 (highly proficient) with the symbol “**X**”. If it is not applicable, select N/A.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 |  N/A |
| *Communicating effectively and respectfully with people of different fields* |  |  |  |  |  |  |
| *Communicating effectively and respectively with people of different cultures* |  |  |  |  |  |  |
| *Awareness of one’s own cultural worldview* |  |  |  |  |  |  |
| *Knowledge of other cultural worldviews* |  |  |  |  |  |  |
| *Respect/openness toward other cultural worldviews* |  |  |  |  |  |  |
| *Awareness of Hawaiian cultural protocols (e.g., for field projects)* |  |  |  |  |  |  |
| *Pronunciation of Hawaiian words and place names* |  |  |  |  |  |  |
| *Respect for Indigenous and Traditional knowledge*  |  |  |  |  |  |  |
| *Seeking culturally related help/guidance when needed* |  |  |  |  |  |  |
| *Integration of Traditional Knowledge into your research* |  |  |  |  |  |  |
| *Familiarity with UHM’s ethical guidelines* |  |  |  |  |  |  |
| *Review the ethical standards of your discipline or discipline’s professional organization.*  |  |  |  |  |  |  |
| *Seeking culturally related help/guidance when needed* |  |  |  |  |  |  |
| *Conduct the necessary training to conduct ethical practices in engineering and research* |  |  |  |  |  |  |

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# 5) Oral and Written Communication

What writing or presentation skills would you like to improve? What resources are available? What research papers, proposals, or fellowship applications would you like to write in the next 12 months? Where could you present your research to peers within the next 12 months (e.g., at a lab meeting, seminar, conference)? Where could you present your research to a general audience within the next 12 months (e.g., blog, outreach event, local school presentation)?

Response:

Please evaluate your skills and abilities in the area of communication. Use a scale of 1 (not at all proficient) to 5 (highly proficient) with the symbol “**X**”. If something is not applicable, select N/A.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 | N/A |
| *Communicating effectively in everyday conversation* |  |  |  |  |  |  |
| *Being an active listener* |  |  |  |  |  |  |
| *Presenting research to peers (e.g., seminar)* |  |  |  |  |  |  |
| *Sharing research with a general (non-specialist) audience* |  |  |  |  |  |  |
| *Effectively writing under time constraints*  |  |  |  |  |  |  |
| *Writing a peer-reviewed publication on your research* |  |  |  |  |  |  |
| *Writing a grant proposal or fellowship application* |  |  |  |  |  |  |
| *Social media communication & etiquette* |  |  |  |  |  |  |
| *Giving peer feedback on communication* |  |  |  |  |  |  |
| *Receiving peer feedback on communication* |  |  |  |  |  |  |
| *Seeking communication help/feedback when needed* |  |  |  |  |  |  |

# 6) Leadership, Teamwork, and Networking

What leadership experiences have you had (e.g. organized a workshop, chaired a meeting, managed a project)? What leadership experiences would you like to have? Have you identified leadership positions within and outside of the university to enhance your leadership skills (ex: student organization leadership, professional organization leadership, laboratory work leadership, tutoring, etc.)? What collaborations have you established in the past? What new collaborations could benefit your research? How can you pursue them? What experience do you have with negotiation and conflict resolution? What networking opportunities within ORE, University of Hawai`i, State of Hawai`i, nationally, or internationally are you familiar with? What networking skills would you like to develop? What professional (engineering, academic, ...) organizations are you a member of?

Response:

Please evaluate your skills and abilities in the area of leadership. Use a scale of 1 (not at all proficient) to 5 (highly proficient) with the symbol “**X**”. If something is not applicable, select N/A.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 | N/A |
| *Establishing effective collaborations* |  |  |  |  |  |  |
| *Ability to work in a team* |  |  |  |  |  |  |
| *Ability to lead and motivate a team* |  |  |  |  |  |  |
| *Respecting contributions and ideas of others* |  |  |  |  |  |  |
| *Leading a field campaign, research project, etc.* |  |  |  |  |  |  |
| *Chairing a meeting* |  |  |  |  |  |  |
| *Dealing with and resolving conflict* |  |  |  |  |  |  |
| *Negotiating with a peer*  |  |  |  |  |  |  |
| *Negotiating with a more senior person (e.g., advisor)* |  |  |  |  |  |  |
| *Managing projects* |  |  |  |  |  |  |
| *Managing people* |  |  |  |  |  |  |
| *Attending a professional conference or workshop* |  |  |  |  |  |  |

# 7) Career Development

What is your short-term career goal (be specific)? What is your long-term career goal (e.g., professional engineer, engineering consultant, researcher in a government lab, seek an advanced degree, academia etc.)? If you are not sure, what information would help you decide? What personal & professional traits do you have that will help you attain your career goal? What skills/experiences do you need? Are your CV and professional webpage up to date? Are you prepared for a job interview? If not, what should your next steps be to prepare?

Response:

Please evaluate your skills and abilities in the area of career development. Use a scale of 1 (not at all proficient) to 5 (highly proficient) with the symbol “**X**”. If something is not applicable, select N/A.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 |  N/A |
| *CV/Resume writing* |  |  |  |  |  |  |
| *Establishing career goals* |  |  |  |  |  |  |
| *Awareness of career opportunities in your field* |  |  |  |  |  |  |
| *Networking inside your academic environment* |  |  |  |  |  |  |
| *Networking outside your academic environment* |  |  |  |  |  |  |
| *Carving out time for career development* |  |  |  |  |  |  |
| *Conducting an informational interview* |  |  |  |  |  |  |
| *Interviewing for a job* |  |  |  |  |  |  |
| *Negotiating a job offer* |  |  |  |  |  |  |
| *Seeking career-related help/guidance when needed* |  |  |  |  |  |  |