

## Jump Start Micro-Enterprise Credential: Self-Assessment Essay Form

(Updated: July 2016)

Your Self-Assessment Essay must cover the same four topics as your Self-Assessment Presentation:

- 1) The Five Areas of Behaviors, Skills and Capabilities – to remind you these five areas of behaviors, skills and capabilities are:

Determination, Self-Motivation, Self-Discipline and Grit	Problem Solving and Teamwork	Communication Skills, Comfort Engaging with Strangers	Financial and Computer Literacy	Personal Capabilities and Support Systems
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*The first part of your presentation should cover your understanding of each of these areas.* You can select two or three terms and define them for your mentor. You can give an example of an individual who has these behaviors and skills. The goal is for you to demonstrate that you understand what these five areas of behaviors, skills and capabilities mean.

- 2) Your Self-Assessment – *the second part of your presentation should be a discussion of where you have strengths in one or more of these areas, and where you have opportunities to improve.* You don't have to discuss your abilities in all five areas, although you can. You just need to convince your mentor that you've thought about what these behaviors and skills are, and how they relate to who you are as a person.
- 3) What You've Learned – *the third part of your presentation should cover what you've learned from the Self-Assessment.* This section covers whatever you think is important.
- 4) Your Career Plans – *the last part of your presentation should cover your career plans.* End the presentation with a review of what you think you'll want your career to be. *It's O.K. if you're not certain of your future plans – this is normal for a high school student. Use this time to discuss careers you might be interested in, and why.*

You can use the form below to develop your draft Self-Assessment Essay.



**Jump Start Micro-Enterprise Credential  
Self-Assessment Essay Form**



**Micro-Enterprise Self-Assessment Essay**

Your Name

Today's Date

Use the space below for the first part of your essay about the Five Areas of Behaviors, Skills and Capabilities.

Use the space below for the second part of your essay about your personal strengths and areas to improve.

Use the space below for the third part of your essay about what you've learned from your Self-Assessment.

Use the space below for the fourth part of your essay about your possible future career plans.