**Clinical Fellow Self Assessment Worksheet**

**Self-Assessment**

1. What clinical areas are you most proficient in?

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2. What clinical areas do you feel you need support with

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3. Are you comfortable in the setting you are in ?

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**Supervision Experience**

1. What was the most important thing you learned from your previous supervisors?

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2. What would have made the supervision more helpful or a better experience?

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3. What are your expectations of your current CF supervisor and CF experience ?

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4. How much and what kind of supervision do you thrive on (i.e. Daily/weekly/monthly check ins, Phone conversations, live meetings)?

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5. What specific goals have you set for yourself during this 9 month period?

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**Feedback**

1. What kind of feedback do you need (i.e.Written, Verbal, Direct)?

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2. How often do you need feedback?

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**Learning and Communication Style**

1. What kind of learner are you (i.e. Visual, Audio, Independent, Dependent)?

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2. How would you characterize your communication style when speaking with your supervisor?

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3. Will you reach out for help voluntarily if needed? Or do you require frequent check-ins?

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