

Each SELF report will contain strengths and identify challenges a student may face during their academic journey.

The summary will include hyperlinked resources for students.

Read the SELF Assessment report and complete the required reflection.

SELF Assessment Reflection

Review and reflect on all six (6) domain summaries.

Identify two (2) areas that are your greatest strengths and make a one-paragraph reflection of those areas of strengths.

Identify two (2) areas that are your greatest challenges and make a one-paragraph reflection of those areas of challenges.

Identify two (2) resources and make a one-paragraph self-directed plan to improve upon the selected challenges.

Use this self assessment report

Hey Valerie,

Welcome to your personalized Social & Environmental Learning Facets (SELF) Assessment Report! The SELF Assessment was designed to provide insight into your unique needs and challenges so that we can offer you the best support and resources to help you thrive at Chamberlain University.

The assessment is organized into six main domains, each with its own specific categories. A brief definition of each domain with example categories can be found in the below visual.

On the following pages, you'll receive results for each overall domain and its categories. Results are represented by three levels: Level 1 signifies an area where you might need more support, Level 2 signifies an area where you might need some support, and Level 3 signifies an area where you might not need much support. Tailored resources have also been provided based on your results.

Scroll to the next page to learn more!

Level 1

Level 2

Level 3

Self Motivation

Your drive to accomplish goals; commitment to learning; internal motivation; and learning strategies

Social Environment/Community

The social network, experiences, identity, and beliefs shared with a community; college's commitment to you; sense of belonging

Economic Stability

The financial obligations, assets and responsibilities impacting you; your current and future workplans

SELF Assessment Domains

Physical Environment/Community

Satisfaction with living arrangements; safety concerns; and impact of physical environment on your daily life

Physical Health

Physical health factors (i.e., general health/well-being, fitness, healthcare access) and impact on your daily life/academic life

Psychosocial Health

Adjusting to adversity; stress coping strategies; and impact of psychosocial health on your daily life/academic life

SELF Assessment Results

Overall SELF Assessment Results

Here are your overall results across the six domains. Think of these results as your guide toward resources you may find helpful. They're here to show you where you might build upon your strengths and address any potential challenges. By looking at these areas, you'll be able focus on those that might need a bit more attention so you can make the most of the resources available to you.

SELF MOTIVATION

Level 2

PHYSICAL ENVIRONMENT /COMMUNITY

Level 2

SOCIAL ENVIRONMENT /COMMUNITY

Level 2

PHYSICAL HEALTH

Level 3

ECONOMIC STABILITY

Level 3

PSYCHOSOCIAL HEALTH

Level 2

In the following sections, we'll break down each domain in more detail and provide you with targeted resources to help support you on your academic journey.

Self Motivation Domain

This domain assesses your internal drive for learning and academic success. It covers aspects such as your commitment to your program, academic and career goal achievement, intrinsic motivation, and learning strategies including test-taking skills, professional writing, and time management.

Now, let's take a closer look at your individual category results within the Self Motivation domain:

Overall Rating

SELF Assessment Results

Commitment to Program/Learning

Having a growth mindset; degree of dedication to persist and focus on one's academic education and success

Level 3

Academic/Career Goal Achievement

Ability to set and focus on academic and career goals and develop action plans toward achieving those goals

Level 2

Intrinsic Motivation

One's internal drive or motivation to learn based on personal satisfaction rather than external rewards

Level 2

Learning Strategies - Test-Taking Skills

Techniques applied to maximize performance and effectiveness in test taking environments

Level 2

Learning Strategies - Professional Writing Skills

Techniques applied to effectively convey written content within a professional context

Level 2

Learning Strategies - Time Management Skills

Techniques applied to organizing, prioritizing, and planning time effectively to accomplish school, work, and personal goals

Level 2

SELF Assessment Results

Self Motivation Resources

We've gathered resources for each category within the Self Motivation Domain to help support your growth and success. Here's how to make the most of these resources:

Focus on resources with a Category Level 1 or 2 rating for the most impactful support.

Click the blue text under "Access to Resources" to directly access each resource.

Click here to view all available resources through your student portal.

Just a heads up - you'll need to be logged in to access Perspectives resources. Here's how to sign up: Visit the Perspectives website ([here](#)) and click 'Sign-up.' On the 'Make an Account' page, use "Chamberlain" for 'Your Company/Student Code' and enter your university email and network password.

SELF Category SELF Category Resource/Source Description Access To Resources Rating

Commitment to Program/Learning

Tutoring Services

Source:

National VCAS: Pre-Licensure

Pre-Licensure academic support (30- or 50-minute one-on-one virtual tutoring sessions via the National VCAS).

Pre-Licensure Academic Support Tutoring

Commitment to Program/Learning

Tutoring Services

Source:

National VCAS: Pre-Licensure

BSN Online academic support (30- or 50-minute one-on- one virtual tutoring sessions on specific topic areas via the National VCAS).

Students enrolled in the BSN Online program can book academic tutoring appointments via their courses in Canvas. In the Canvas course shell, select "New Webex" in the lefthand navigation. Once in New Webex, select the "appointment booking" option to schedule a tutoring appointment. When scheduling the appointment, use the dropdown menu to select an Online NCLEX Readiness Specialist (ONRS) to meet with.

Commitment to Getting Motivated Program/Learning Source:

Wiley

Tips and tricks to getting and 15 Ways To Get Motivated

stayed motivated while in college from The Secrets of College Success, 3rd Edition.

At College

Commitment to Tutoring Services Program/Learning Source:

National VCAS: Pre-Licensure

Gen Ed academic support Gen Ed Academic Support

(both group and individual tutoring available).

Tutoring

SELF Assessment Results

SELF Category SELF Category Resource/Source Description Access To Resources Rating
Academic/Career Goal Achievement

Career Coaching

Source:

Student Affairs - Student Assistance Program

Career Consultation with a professional Career Coach, offered through Perspectives' Work-Life Services. When you fill out the form, in the first section it asks "How can we help you?" - in that drop down menu you will be able to select 'Other Worklife Request'.

Student Assistance Worklife Form

Academic/Career Goal Achievement

Chamberlain's CareerCare Hub

Source:

Student Affairs - Career Services

Resume, CV, Cover Letter, LinkedIn Profile; Job Searching - direct connection to employment opportunities; Interviewing Preparation; Career Exploration & Planning.

Student Resource Center (SRC) - CareerCare

Academic/Career Goal Achievement

Chamberlain's CareerCare Hub

Source: Student Affairs