

Ask Yourself:

The four tiers of the **RISE** Model can also guide self-evaluations to help review your progress, check your own comprehension of concepts/techniques and give you a platform to voice future objectives.

Self-evaluations allow you to thoughtfully consider your performance or contribution as it relates to your growing understanding of a topic or discipline.

Elevate

Raise to a higher degree or purpose in <u>future</u> iterations

How will you approach similar situations in the future? How will the experience inform your professional objectives?

Suggest

Introduce ideas for improvement of <u>current</u> iteration

What could you have done differently to improve your performance or contribution? If I had more time I would have...

Inquire

Seek information and/or provide ideas through questioning

What concepts/techniques do you need to revisit to master the material? How do you know? What resources are available to you?

Reflect

Recall, ponder and communicate

How did your attitude, logic and behaviors influence your performance or contribution? What worked? What didn't?