







| <b>Skills:</b>   | <b><u>Beginning Skill</u><br/>Level I Possess<br/>(Check Off)</b> | <b>Experiences/Activities/Application:</b> | <b><u>Final Skill</u><br/>Level I Have<br/>Achieved<br/>(Check Off)</b> |
|--|---|--|---|
| <b>Personal Qualities:</b> Demonstrates skills in setting goals, monitoring progress, and improving performance. | <i>Highly</i>   |  |   |
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