

## APPENDIX F

### Essential Skills Self Reflection Checklist

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Reflect on the work you have done throughout this CLA according to the Essential Skills you have demonstrated. Check off the appropriate box based on your self assessment.

Essential Skill	Description of CLA Tasks	Level 1 (simple)	Level 2 (moderate)	Level 3 (detailed)	Level 4 (complex)
Reading Text	Textbook Chapters 7 and 8, Internet Articles				
Writing	Review Terminology, Diagrams and Questions, Skills Labs, Lab Report, Health and Wellness Poster				
Computer Use	Word Processing, Formatting etc.				
Measurement and Calculation	Pulse and Respiratory Rates, Blood Pressure and Vital Capacity				
Data Analysis	Skills Lab data and Vital Signs data				
Job Task Planning and Organizing	Lab Report Writing of Method, Health and Wellness Poster				
Problem Solving	Lab Analysis of Lifestyle Choices and Habits Effects				
Finding Information	Lab Analysis Rate Standards, Poster Research				

### Work Habits Self Reflection Checklist

Reflect on the work you have done throughout this CLA according to the work habits you have demonstrated. Check off the appropriate box based on your self assessment.

Work Habits	Description of CLA Tasks	Level 1 (simple)	Level 2 (moderate)	Level 3 (detailed)	Level 4 (complex)
Working Safely	Skills Lab and Vital Signs Lab				
Teamwork	Skills Lab, Vital Signs Lab (Hypothesis, Method and Observations) and Health and Wellness Poster				
Reliability	All CLA tasks				
Organization	All CLA tasks				
Working Independently	Review, Vital Signs Lab (Introduction, Conclusion and Analysis)				
Initiative	All CLA tasks				