

Vice President's Clinical and Translational (VPCAT) Research Scholars Program

-- Scholar Self-Assessment --

VPCAT has been designed to ensure you have every opportunity to expand and improve your knowledge and training in: scientific career development, grant writing and management, and leadership. The following self-assessment is a strong tool that will assist you, your VPCAT mentor, and VPCAT personnel in gauging your skillset proficiencies and define areas for further development. In addition, completing the self-assessment in combination with your VPCAT Scholar Career Development Plan (VS-CDP) can enhance your self-evaluation.

First Name: _____ uNID: _____
Last Name: _____ Date: _____

Proficiency Scale: Needs Improvement \longrightarrow Highly Proficient

Proficiency Scale:	Needs Improvement				Highly Proficient
Scientific Career Development Skills					
1. Understanding promotion and tenure criteria	1	2	3	4	5
2. Planning to achieve promotion and tenure	1	2	3	4	5
3. Preparing and updating a CV	1	2	3	4	5
4. Navigating the organizational/institutional culture	1	2	3	4	5
5. Enhancing professional visibility (local and national organizations)	1	2	3	4	5
6. Negotiating skills (negotiating for what you want or need)	1	2	3	4	5
7. Networking skills (creating peer & professional networks)	1	2	3	4	5
8. Work-life integration skills	1	2	3	4	5
9. Identifying and approaching individual(s) for mentoring	1	2	3	4	5
10. Negotiating and maintaining a mentoring relationship	1	2	3	4	5
11. Able to mentor others	1	2	3	4	5
12. Communicating your science to a diverse audience	1	2	3	4	5
Grant Writing and Management Skills					
13. Identifying and completing all sections of a grant application	1	2	3	4	5
14. Locating funding mechanisms & interpreting instructions aptly	1	2	3	4	5
15. Organizing a grant research team (<i>i.e.</i> , Co-Is, mentors, advisors)	1	2	3	4	5
16. IRB or IACUC submission	1	2	3	4	5
17. Identifying and working with pre-award support personnel	1	2	3	4	5
18. Identifying and working with post-award support personnel	1	2	3	4	5
19. Managing post-award (<i>i.e.</i> , accounting, reporting, effort)	1	2	3	4	5
Leadership Skills					
20. Leading and motivating others (in teams, meetings, committees)	1	2	3	4	5
21. Creating and managing a budget	1	2	3	4	5
22. Managing projects, programs, and people	1	2	3	4	5
23. Time management skills (<i>e.g.</i> , workload, planning, pace of career)	1	2	3	4	5
24. Organizational skills	1	2	3	4	5
25. Managing conflict	1	2	3	4	5
26. Giving and receiving feedback	1	2	3	4	5
27. Communicating clearly in writing or in conversation	1	2	3	4	5