

SELF ASSESSMENT

“He who conquers himself is the mightiest warrior “ – Confucius

Why do people make others responsible for their own flaws? Why don't we assess ourselves before we blame or point others out for our errors?

Shall we bring refinement in ourselves through self assessment?

Yes, Self assessment according to psychology is the process of looking at oneself and to evaluate the aspects that are important for one's identity. It plays a vital role in a person's overall development, as it gives a clear picture of what we have done, what we are doing and what we need to do in order to achieve our goals. It is all about moving a step forward towards achieving our desired objectives.

Do we really assess ourselves?

In this competitive world, one can never feel content when compared to others. Everyone is gifted with a special talent.

Doesn't it sound silly to compare an eagle and a fish on *the* grounds of flying or swimming?

Both do exceptionally well, but only in their areas of ability.

Comparison when done with others always adds a sense of pressure which in fact, has negative impact on one's performance.

Sometimes, it may even ruin healthy relationships between peers.

Here comes 'SELFASSESSMENT' as a need of the hour. It never adds an internal stress as one compares his/her performances of the past to the present ones.

The way to ascend for self assessment is initially through Goal setting, recording what we know already, evaluating the present performance, understanding the mistakes and working on them by resetting to start again. Self patting and self appreciation also adds a great benefit to the process of self assessment. Self assessment can do wonders if it is done in a right manner. It improves self-esteem and builds up one's confidence.

“There is no greater delight than to be conscious of sincerity on self-evaluation or self- assessment”

As a teacher, I always assess myself. It has changed my perception. I started accepting myself and noticed many positive outcomes. I compete with myself and try to improve every day.



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