

## iCARE Self-Assessment

Please complete this self-assessment for NR451 as part of the Week 1 Journal Reflections and follow-up. This will be an item placed into your Chamberlain College of Nursing Portfolio.

Topic	Never/ Strongly Disagree	Disagree	Neither Agree nor Disa
I am aware of my strengths and challenges <i>as a nurse</i> :	1	2	3
I am aware of my strengths and challenges <i>as a student</i> :	1	2	3
I communicate and collaborate well with colleagues <i>in the workplace</i> :	1	2	3
I communicate and collaborate well with colleagues <i>as a student</i> :	1	2	3
I take time to care for myself <i>in the workplace/at home</i> :	1	2	3
I take time to care for myself <i>as a student</i> :	1	2	3
I master change processes well and am flexible <i>in the workplace/at home</i> :	1	2	3
I master change processes well and am flexible <i>as a student</i> :	1	2	3
I take responsibility for my own learning <i>in the workplace</i> :	1	2	3
I take responsibility for my own learning <i>as a student</i> :	1	2	3
I am competent with using new information and applying it to my practice setting <i>as a nurse</i> :	1	2	3