

SELF-EVALUATION FORM

I. Clinical Competency Self-Assessment

DOMAIN	1	2	3	4	5
History taking & HPI organization	☐	☐	☐	☐	☐
Physical examination skills	☐	☐	☐	☐	☐
Clinical reasoning	☐	☐	☐	☐	☐
Differential diagnosis formulation	☐	☐	☐	☐	☐
Management planning	☐	☐	☐	☐	☐
Emergency management	☐	☐	☐	☐	☐
ICU patient care	☐	☐	☐	☐	☐
Procedural skills	☐	☐	☐	☐	☐

Clinical areas in which I feel weak:

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Procedures in which I need more exposure:

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II. Communication & Professionalism

DOMAIN	1	2	3	4	5
Patient communication	☐	☐	☐	☐	☐
Breaking bad news	☐	☐	☐	☐	☐
Team communication	☐	☐	☐	☐	☐
Interdisciplinary collaboration	☐	☐	☐	☐	☐
Professional behavior	☐	☐	☐	☐	☐
Time management	☐	☐	☐	☐	☐

III. Academic Performance, Career Development, and Well-Being

Academic Performance

DOMAIN	1	2	3	4	5
Conference attendance & engagement	☐	☐	☐	☐	☐
Case presentation skills	☐	☐	☐	☐	☐
Evidence-based medicine application	☐	☐	☐	☐	☐
Literature search skills	☐	☐	☐	☐	☐

Critical appraisal of articles	☐	☐	☐	☐	☐
Research involvement	☐	☐	☐	☐	☐
Academic writing (abstract/manuscript)	☐	☐	☐	☐	☐
Guideline familiarity & application	☐	☐	☐	☐	☐

Career Development

DOMAIN	1	2	3	4	5
Clarity of career goals (subspecialty choice)	☐	☐	☐	☐	☐
CV development & portfolio building	☐	☐	☐	☐	☐
Networking within specialty	☐	☐	☐	☐	☐
Leadership skill development	☐	☐	☐	☐	☐
Preparation for exams / board certification	☐	☐	☐	☐	☐

Well-Being

DOMAIN	1	2	3	4	5
Stress management	☐	☐	☐	☐	☐

Sleep adequacy	☐	☐	☐	☐	☐
Emotional resilience	☐	☐	☐	☒	☐
Work-life balance	☐	☐	☐	☐	☐
Burnout prevention	☐	☐	☐	☐	☐
Physical health maintenance	☐	☐	☐	☐	☐
Psychological safety at workplace	☐	☐	☐	☐	☐
Ability to ask for help	☐	☐	☐	☐	☐
Support system (family/friends/colleagues)	☐	☐	☐	☐	☐
Overall satisfaction with training	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐

IV. Current Challenges and Support Needs

Challenges I am currently facing:

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Support I need:

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