

SOF-101 F24 – Adaptability (1)

Self-Assessment Activity

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Evaluation

70 / 100

Explanation

During the past semester, I have experienced multiple changes in my URD group project, such as, different viewpoints or ideas, methods, technological resources, and work load. I am moderately satisfied with my ability to adapt into each change that happened in the group project, for instance, a reorganization of team dynamics and jobs, in which, I was able to adapt into the new role that I was put in for the URD project. Aside from the URD project, I am also moderately satisfied with my ability to adapt to swift changes in my individual learning journey, such as, changes in academic time schedule (specifically class time) and newer concepts and ideas. However, I do feel that I can still improve on my adaptability skills on both aspects.