

#### Ask Yourself:

The four tiers of the **RISE** Model can also guide self-evaluations to help review your progress, check your own comprehension of concepts/techniques and give you a platform to voice future objectives.

Self-evaluations allow you to thoughtfully consider your performance or contribution as it relates to your growing understanding of a topic or discipline.

# **Elevate**

Raise to a higher degree or purpose in <u>future</u> iterations

How will you approach similar situations in the future? How will the experience inform your professional objectives?

# Suggest

Introduce ideas for improvement of <u>current</u> iteration

What could you have done differently to improve your performance or contribution? If I had more time I would have...

### Inquire

Seek information and/or provide ideas through questioning

What concepts/techniques do you need to revisit to master the material? How do you know? What resources are available to you?

#### Reflect

Recall, ponder and communicate

How did your attitude, logic and behaviors influence your performance or contribution? What worked? What didn't?