Self-Evaluation: Answer the following question.

1. What is your personal perception of your performance during your clinical day? What did you do well? What could you have done better? Give specific examples.

My perception of my performance is that it got better as the day went on. At first I was nervous and felt a little reserved, but by the end of the day I felt alot more comfortable talking, and I realized it was just like holding a conversation with everyone else. I did well with asking open-ended questions, such as when my pt was talking about her restaurant goals. I asked what kind of food she would serve and where she was planning on opening the restaurant. I could of done better with overthinking conversations. At times, I felt like I was being too calculated with what I was going to say next so I did not say the wrong thing. An example of this was when the tech asked what advice we wanted to give the group, and I started to overthink because I did not want to say something wrong. By the end of the day this feeling went away.