

| Attribute | Score | | |
|---|---|--|--|
| | High | Medium | Low |
| Positive Self-Concept | Expresses confidence they can complete challenging goals, makes positive statements about abilities | Shows confidence and independence but may be unsure about adequacy or skills | Is unsure they can complete the program, exhibits low self-esteem |
| Realistic Self-Appraisal | Can clearly and realistically delineate strengths and weaknesses, works on self development | Has trouble identifying strengths and weakness but appreciates/seeks both positive and negative feedback | Over or understates abilities, does little to no self-assessment, does not appear to have learned from experiences |
| Preference for Long vs. Short Term Goals | Clearly communicates long-range goals beyond the PhD | Primary goal is PhD completion | Is vague about long-term goals, or goals are short term such as coursework |
| Support Person Availability | Can define a professional support network including mentors | Expresses support from one individual, or family or community | Expresses little or no support from family or institution for goals |
| Leadership/Community Involvement | Demonstrates involvement and leadership ability in either academics, family, community, religious group, or athletics | Demonstrates involvement in groups in academia or extramural but has not shown leadership | Not involved in institutional or community group, no demonstrated leadership |
| Knowledge in a Field/Non-Traditional Learning | Has engaged in, and learned from, experiences outside the classroom, i.e. performed independent research, extramural activities, self-taught skills | Shows some evidence of non-traditional learning experience | Has not engaged in or indicated learning from experiences outside the classroom |
| Perseverance | Can describe a time they failed or encountered an obstacle and successfully coped. | Can identify a time they hit an obstacle but has trouble defining how they overcame the challenge. | Has little experience with failure/obstacles. Cannot provide an example or describe response |

Modified from Sedlacek