Resiliency

The following items are used in various assessments and job descriptions to measure resiliency.

- I accept instruction and constructive criticism from peers and supervisors.
- I am able to work through disappointments and bad experiences by assessing what caused them, what may have contributed to those mistakes, and how to successfully and optimistically avoid them in the future.
- I have an overall optimistic and positive spirit about the work being completed and the work of the team.
- I search for inefficiencies and give feedback when appropriate.
- When given constructive feedback, capturing the learning so it doesn’t happen again.
- Being able to recover from disappointment or bad experiences and continue working towards my goals.
- Bounces back after disappointments.
- Recovers quickly from a bad experience and continues to work successfully.
- Assesses cause of a negative experience and learns how to prevent it from recurring.
- Learns from mistakes and willing to accept constructive criticism.
- Balances classes, work, volunteer activities, and personal commitments.
- I learned to be able to recover from and continue to work successfully following disappointments.
- When given constructive feedback, I capture the learning so it doesn’t happen again.
- I ask “what can I learn?” when things don’t go as expected.
- I can learn from my mistakes.
- Handles problem situations in an effective manner.
- Able to cope with frustration and difficult customers gracefully.
- Accepts feedback from supervisor in a positive manner.