Instructions for Writing a Self-Growth Paper
Excerpted from Learning to Learn: Becoming a Self-Grower

A self-growth paper outline is fairly structured.

1. **Introduction**: Where did you start, what was your perspective going into the process, and why did you choose the three self-growth goals? What additional non-planned growth occurred?

2. **Write a paragraph for each of the 3–5 growth areas.** For each growth area:
   a. Describe the area of growth.
   b. **Document the amount of growth with evidence.** *Note: You have completed no fewer than 30 different worksheets in this book.* While you are welcome to present and discuss evidence of your progress from your personal life and outside the scope of this course, you should also include at least one piece of evidence for growth and progress from these forms and worksheets for each self-growth goal.
   c. Describe how the growth occurred. Freely use the performance measures below as evidence of growth:
      - Assessment of yourself as a self-grower using the Performance Levels for Self-Growers, available in Experience 1. In conducting this assessment, you should use the SII format, sharing 3 Strengths, (and why they are strengths), 3 Areas for Improvement (and how each improvement could be realized) and at least 2 insights into your own performance as a self-grower now, compared to the beginning of the course.
      - A Personal Development Assessment worksheet where you assess your progress toward your selected personal development goal and update your plan for continuing your work to overcome that stumbling block.

3. **Final summary**: In the final paragraph, describe what you have learned about facilitating self-growth. How do self-assessment, the Personal Development Methodology, targeting specific learning skills, the array of assessment tools, and methodologies in general contribute to increasing self-growth?

4. **Complete a concept map of self-growth**, including at least 10 related terms and concepts.

5. **Include your completed Mentoring Planning worksheet and signed Mentoring Agreement.**

The criteria for the self-growth paper are as follows:

- minimum of five pages (not including the Personal Development Assessment or Mentoring Planning worksheets, and the Mentoring Agreement)
- completeness (all components included)
- specificity of evidence presented
- commitment to self-growth
- level of thought
- quality of writing
- ability to assess performance
- level of effort throughout the process
- demonstrates personal accountability

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