

**Application for  
MASTER OF ARTS IN MINISTRY AND SPIRITUALITY PROGRAM  
REGIS COLLEGE**

**Self-Evaluation Form**

**Name of Candidate:** \_\_\_\_\_

Please mark with “X” to describe yourself with respect to the following skills, characteristics, aptitudes and capacities.

<i>5 = an area established strength</i>	<i>4 = proven ability</i>	<i>3 = some ability</i>	<i>2 = show aptitude</i>	<i>1 = would need to overcome obstacles to develop in this area</i>	<i>0 = unable to judge</i>
---	-----------------------------------	-----------------------------	------------------------------	---	------------------------------------

***Communication, Learning***

academic ability						
offer constructive feedback						
writing skills						
speak well in public						
able to solve problems						
listening skills						
able to revise a position						

***Faith***

faith is a part of daily life						
prayerful						
appreciate the gifts of others						
concerned about injustice						
accept limitations of others						

***Social, Pastoral***

take initiative						
empathetic to others						
relate well to other cultures						
able to receive criticism						
adapt well to change						
work well in team setting						
have a sense of humour						
set realistic goals						
manage conflict well						
able to keep a confidence						
responsible						
seek the advice of others						

**Please answer the following questions on separate paper, typewritten, giving specific examples where possible.**

1. Please give a short biographical outline of your life and experiences over the past ten years. Include significant personal experiences, positions, or activities in which you have engaged, strengths and weaknesses you have become aware of, areas of personal growth most important to you at this time, and your hope and plans for the future.
2. What do you consider to be most helpful to you as you pursue your own personal growth and spiritual development, i.e. forms of prayer, meditation groups, community participation and service?
3. Please indicate any institutes or workshops in which you have been involved (e.g. social analysis, gospel awareness, justice, personal integration or spirituality) over the past five years?
4. In short, as you can see now, where have you been, where are you at the moment, where might you be going?
5. What do you consider to be the two or three most pressing and urgent issues of our age? Why? What for you are signs of hope in our church and world? Why?
6. What gifts or talents do you feel you might contribute to the program or the College community?
7. Have you been under professional, psychological, or special medical care within recent years? If so please give details.
8. How did you learn of the program? Is there any further information relevant to your application?