

**Skill Name: Maturity**

**Skill Description: Handles criticism; optimistic; stable moods; predictable behavior; not rebellious.**

**Skill Notes: High level of personal sensitivity; can perform despite rejection/conflict; effectiveness in coping with exploding, giving up or walking away.**

1. Describe a time when you received coaching/performance improvement from a supervisor/professor. What happened and how did you handle it?
2. Describe a particularly stressful work situation that you experienced? What happened and how did you handle it?
3. What was the most frustrating experience you had on the job/at school? How did you handle it?
4. Describe a time when you were criticized by a peer/boss. What happened? What did you do and how did you feel?
5. Describe a particularly stressful school situation that you experienced? What happened and how did you handle it?
6. What was the most frustrating experience at school? How did you handle it?