

Accomplishment Stories and Grids Worksheet

Story 1:

In web development course, we need to work on a bubble tea review website. The work was challenging because it was a full-stack project which required interaction between front-end, back-end and database. Using Javascript, Node.js, Express and MongoDB, I worked with a team of 3 and divided tasks into three parts: front-end, back-end, and database. This helped improve efficiency, which led to a 10% increase in our work progress and we succeeded in meeting the deadline.

STAR breakdown of Story:

S	The work was challenging because it was a full-stack project
T	Build a bubble tea review website and meet the deadline
A	Using Javascript, Node.js, Express and MongoDB, I worked with a team of 3 and divided tasks into three parts: front-end, back-end, and database
R	This helped improve efficiency, which led to a 10% increase in our work progress and we succeeded in meeting the deadline

Story 2:

In our Object-Oriented Design course, we need to work on a task management application. The guideline was ambiguous and confusing. I fully communicated with professor and TAs to figure things out and also did research online to see what typical structure the task management application had. Finally, I designed the task management application properly and deployed it successfully.

STAR breakdown of Story:

S	The guideline was ambiguous and confusing
T	work on a task management application
A	I fully communicated with professor and TAs to figure things out and also did research online to see what typical structure the task management application had
R	I designed the task management application properly and deployed it successfully

Story 3:

In our python course, we need to create a game on our own using Python. However, it was so challenging because I never created a project from scratch. I watched YouTube to learn game design methods, fully communicated with TAs when I got stuck and also tested the game hundreds of times. I finally made a Checkers game.

STAR breakdown of Story:

S	it was so challenging because I never created a project from scratch
T	create a game on our own using Python
A	I watched YouTube to learn game design methods, fully communicated with TAs when I got stuck and also tested the game hundreds of times
R	I finally made a Checkers game

The Parachute Skills Grid (page 1 of 2)			
Story #1	Story #2	Story #3	Skills with People: as my story shows I can ...
Y	Y		Initiate, Lead, be a Pioneer
Y	Y		Supervise, manage
	Y	Y	Follow through, get things done
Y	Y		Motivate
	Y	Y	Persuade, sell, recruit
Y			Consult
		Y	Advise
	Y	Y	Coordinate
Y		Y	Negotiate, resolve conflicts
Y	Y	Y	Help people link or connect
	Y		Assess, evaluate, treat
Y		Y	Convey warmth and empathy
	Y	Y	Interview, draw out
Y	Y	Y	Raise people's self-esteem
	Y		Instruct
Y		Y	Teach, tutor, or train (individuals, groups)
Y	Y	Y	Speak
Y	Y		Listen
		Y	Counsel, guide, mentor
Y			Communicate well, in person
Y	Y		Communicate well, in writing
Y	Y	Y	Interpret, speak, or read a foreign language
Story #1	Story #2	Story #3	Skills with Data, Ideas; as my story shows, I can
Y		Y	Use my intuition
Y	Y		Create, innovate, invent
	Y	Y	Design, use artistic abilities, be original
Y	Y		Visualize, including the three dimensions
Y	Y	Y	Imagine
Y	Y	Y	Use my brain
	Y	Y	Synthesize, combine parts into a whole
Y			Systematize, prioritize
	Y	Y	Organize, classify
Y	Y	Y	Perceive patterns
Y	Y		Analyze, break down into its parts
Y	Y	Y	Work with numbers, compute
Y		Y	Remember people, or data, to an unusual degree
	Y	Y	Develop, improve
Y	Y	Y	Solve problems
Y	Y		Plan
	Y	Y	Program

		Y	Research
Y	Y		Examine, inspect, compare, see similarities and differences
The Parachute Skills Grid (page 2 of 2)			
Story #1	Story #2	Story #3	Skills with Data, Ideas; as my story shows, I can (continued)
Y		Y	Pay attention to details
Y	Y		Study, observe
	Y	Y	Compile, keep records, file, retrieve
Story #1	Story #2	Story #3	Skills with Things, or My Favorite Medium; as my story shows I can ...
Y		Y	Control, expedite things
Y	Y		Make, produce, manufacture
Y		Y	Repair
	Y	Y	Construct
Y		Y	Set up, assemble
	Y		Manipulate
Y	Y	Y	Finish, restore, preserve

Taken from: "What Color is Your Parachute" by Richard N. Bolles; Chapter 8 – Self-Inventory, Part 2
(if interested in additional self-exploration the above referenced book is highly recommended)