













Scoring Guidance – Working Under Pressure

*Capacity to make decisions under pressure and retain control.
Awareness of own limitations*

1 Unsatisfactory	2 Weak	3 Typical	4 Very Good	5 Outstanding
Was tense & agitated most of the time		Remained calm most of the time		Seemed very relaxed & comfortable with demands of situation
Was hesitant most of the time		Demonstrated decisiveness		Responded quickly & decisively to unexpected circumstances
Performance hindered by focussing on immediate worries		Maintained perspective		Maintained perspective throughout
Was rude/offensive to others when challenged		Showed flexibility when challenged		Was always flexible & open in manner when challenged
Did not adapt to pressure of situation & changing circumstances		Showed some insight into own limitations within scenario		Was always aware of own limitations and where further help could be sought
Disregarded/ignored other's opinions		Listened and responded to other's opinions/questions		Used effective strategies to deal with impact of others opinions/questions