

UNOLS-MATE Marine Technical Internship Program FORM 4 Marine Technician Skills Self-Evaluation

The purpose of this evaluation is to document the skills and knowledge you have developed during your education and internship experience. Please complete this form, sign it, and have your mentor review and sign it. Please keep a copy for yourself and submit one to the Program Manager, maria@unols.org.

I. OVERALL PERFORMANCE

Please rate your performance during the internship in the following areas (complete with post-evaluation only):

My effort level was:	low	modest	high
I was on time:	rarely	usually	always
I paid close attention and followed instructions:	rarely	usually	always
I completed projects in a timely manner:	rarely	usually	always
I asked questions:	rarely	sometimes	often
I completed _____ of my work plan:	some	most	all

II. Cruise Preparations / Logistics

Please rate your skill level and experience with the following instruments and equipment using a scale of 1-4, where:

- | | |
|---|---------------------------------------|
| 1 = No Experience | 3 = Competent (Need help on occasion) |
| 2 = Novice (limited knowledge/experience) | 4 = Expert (Very confident with use) |

Task	Pre-Internship Skill Level	Amount of exposure during internship	Post-Internship Skill Level
Pre-cruise information completed by the science party	1 2 3 4	None some a lot	1 2 3 4
Deck Plans	1 2 3 4	None some a lot	1 2 3 4
Scheduling of Equipment	1 2 3 4	None some a lot	1 2 3 4
Instrumentation preparation prior to cruise	1 2 3 4	None some a lot	1 2 3 4
Loading for a science cruise	1 2 3 4	None some a lot	1 2 3 4
Unloading after a science cruise	1 2 3 4	None some a lot	1 2 3 4
Shipping procedures	1 2 3 4	None some a lot	1 2 3 4
Customs Requirements	1 2 3 4	None some a lot	1 2 3 4

III. Basic Seamanship

Please rate your skill level and experience with the following instruments and equipment using a scale of 1-4 as described in Section II.

Task	Pre-Internship Skill Level	Amount of exposure during internship	Post-Internship Skill Level
Common Knots	1 2 3 4	None some a lot	1 2 3 4
Radio Communication	1 2 3 4	None some a lot	1 2 3 4
Beaufort Scale	1 2 3 4	None some a lot	1 2 3 4
Units of Measure	1 2 3 4	None some a lot	1 2 3 4
Basic Navigation	1 2 3 4	None some a lot	1 2 3 4
Ship Terminology	1 2 3 4	None some a lot	1 2 3 4

IV. Deck Rigging and Safety

Please rate your skill level and experience with the following instruments and equipment using a scale of 1-4 as described in Section II.

Task	Pre-Internship Skill Level	Amount of exposure during internship	Post-Internship Skill Level
Hazmat receipt, storage & basic cleanup	1 2 3 4	None some a lot	1 2 3 4
Low Level Radioisotope Safety	1 2 3 4	None some a lot	1 2 3 4
Safe Operation of deck gear (eg winches, A-frames, cranes)	1 2 3 4	None some a lot	1 2 3 4
Deck Safety Protocols	1 2 3 4	None some a lot	1 2 3 4
Ability to recognize unsafe conditions and react properly	1 2 3 4	None some a lot	1 2 3 4
Securing Equipment (using ratchet straps, line, etc)	1 2 3 4	None some a lot	1 2 3 4
Basic Deck and Crane Hand Signals	1 2 3 4	None some a lot	1 2 3 4
Instrumentation/Equipment rigging, launch & recovery	1 2 3 4	None some a lot	1 2 3 4
Line Handling, especially under tension	1 2 3 4	None some a lot	1 2 3 4
When Equipment can be safely be deployed & why	1 2 3 4	None some a lot	1 2 3 4
Parts of a block	1 2 3 4	None some a lot	1 2 3 4
Dynamic vs. Static Loading	1 2 3 4	None some a lot	1 2 3 4
Safe Working Loads (SWL) and Breaking Strengths of wires, ropes and equipment	1 2 3 4	None some a lot	1 2 3 4

V. Instrument set-up, operation & troubleshooting

Please rate your skill level and experience with the following instruments and equipment using a scale of 1-4 as described in Section II.

Task	Pre-Internship Skill Level	Amount of exposure during internship	Post-Internship Skill Level
How to recognize valid data, basic quality control procedures	1 2 3 4	None some a lot	1 2 3 4
How to read, follow, and understand technical manuals and written procedures	1 2 3 4	None some a lot	1 2 3 4
How to read schematics and mechanical drawings	1 2 3 4	None some a lot	1 2 3 4
Basics of how to troubleshoot systems	1 2 3 4	None some a lot	1 2 3 4
How to interface equipment (serial, GPS, data source)	1 2 3 4	None some a lot	1 2 3 4
Calibration procedures and standards	1 2 3 4	None some a lot	1 2 3 4
Write clear, concise log entries	1 2 3 4	None some a lot	1 2 3 4
Maintain calibration records & properly enter subsets of coefficients	1 2 3 4	None some a lot	1 2 3 4
Inventory of equipment and supplies	1 2 3 4	None some a lot	1 2 3 4
Units of measure	1 2 3 4	None some a lot	1 2 3 4

VI. IT, Network and Communications

Please rate your skill level and experience with the following instruments and equipment using a scale of 1-4 as described in Section II.

Task	Pre-Internship Skill Level	Amount of exposure during internship	Post-Internship Skill Level
Use software such as databases, spreadsheets, word- processing, communication (e-mail), ARC-View, and Power Point	1 2 3 4	None some a lot	1 2 3 4
Install and maintain operating systems, software, firmware, hardware, and networks	1 2 3 4	None some a lot	1 2 3 4
Understand peripherals, such as monitors, switches, adapters, routers, hubs	1 2 3 4	None some a lot	1 2 3 4
Use of basic network applications	1 2 3 4	None some a lot	1 2 3 4
Basic Linux Commands	1 2 3 4	None some a lot	1 2 3 4
Process, reduce, display, and store data	1 2 3 4	None some a lot	1 2 3 4
Data back-up techniques and storage media	1 2 3 4	None some a lot	1 2 3 4
Data Distribution including Rolling Deck to Repository (R2R)	1 2 3 4	None some a lot	1 2 3 4

VII. EQUIPMENT AND INSTRUMENTS

Please rate your skill level and experience with the following instruments and equipment using a scale as described in Section II.

Task	Pre-Internship Skill Level	Amount of exposure during internship	Post-Internship Skill Level
CTD set-up and calibration	1 2 3 4	None some a lot	1 2 3 4
CTD use and deployment	1 2 3 4	None some a lot	1 2 3 4
CTD troubleshooting and maintenance	1 2 3 4	None some a lot	1 2 3 4
CAROUSEL troubleshooting and maintenance	1 2 3 4	None some a lot	1 2 3 4
NISKIN bottles set-up, maintenance & deployment	1 2 3 4	None some a lot	1 2 3 4
Thermosalinograph use	1 2 3 4	None some a lot	1 2 3 4
Thermosalinograph trouble shooting and maintenance	1 2 3 4	None some a lot	1 2 3 4
Fluorometer use	1 2 3 4	None some a lot	1 2 3 4
Fluorometer trouble shooting and maintenance	1 2 3 4	None some a lot	1 2 3 4
Transmissometer use	1 2 3 4	None some a lot	1 2 3 4
Transmissometer trouble shooting and maintenance	1 2 3 4	None some a lot	1 2 3 4
Echosounders use and troubleshooting	1 2 3 4	None some a lot	1 2 3 4
Meteorological Instrumentation troubleshooting and data acquisition	1 2 3 4	None some a lot	1 2 3 4
Basic Test Equipment (e.g. multimeter)	1 2 3 4	None some a lot	1 2 3 4
Wire Terminations (EM & Wire Rope)	1 2 3 4	None some a lot	1 2 3 4
Shipboard computers use and troubleshooting	1 2 3 4	None some a lot	1 2 3 4
Shipboard Networks use and troubleshooting	1 2 3 4	None some a lot	1 2 3 4
ADCP use	1 2 3 4	None some a lot	1 2 3 4
ADCP trouble shooting and maintenance	1 2 3 4	None some a lot	1 2 3 4

Shipboard Data Acquisition System use and troubleshooting	1 2 3 4	None some a lot	1 2 3 4
Multibeam use and troubleshooting	1 2 3 4	None some a lot	1 2 3 4
Corers set-up, deployment and recovery	1 2 3 4	None some a lot	1 2 3 4
Dredges set-up, deployment and recovery	1 2 3 4	None some a lot	1 2 3 4
Nets and Trawls Set-up and Deployment	1 2 3 4	None some a lot	1 2 3 4
Expendable Bathythermograph deployment and data acquisition	1 2 3 4	None some a lot	1 2 3 4
Salinometer use and calibration	1 2 3 4	None some a lot	1 2 3 4
Salinometer trouble shooting and maintenance	1 2 3 4	None some a lot	1 2 3 4
Mooring Deployment and Recovery	1 2 3 4	None some a lot	1 2 3 4
Shipboard Communication Systems use and troubleshooting	1 2 3 4	None some a lot	1 2 3 4

What was the most beneficial part of this internship?

Describe an area in which you wish you could have had more exposure/experience.

Signature of Intern

Date

Signature of Mentor

Date