Personal goals

POP

●    Purpose: To evaluate your own expectations from following the course

●    Outcome(s): List of your goals and agreement on how to evaluate your progress towards them

●    Process: self-reflection and discussion with your mentors

Name:

Personal goals (fill this at the start of the course)  
*Fill here what you expect to learn in this course personally and define your personal goals*

Mid-course review of goals (fill this mid-course)  
*Note what skills you have learned so far, whether you are hitting your own targets and if you need to modify them. State if the course structure allows you to attain your goals.*

Final review of goals (fill at the end of the course)  
*Review the course from your personal point of view and whether it met your expectations. State how you could have done better and suggest changes that can make the course better.*