NBS Self Reflection Form **Isaac**

Introduction

The purpose of this weekly assessment tool is to provide you with a mechanism to perform self-analysis so you can reflect on your general progression throughout your training journey.

Questions – (assuming 10 is great)

How well have you been able to use the technologies and tools you have learnt this week to solve a problem?

1	2	3	4	5	6	7 x	8	9	10

How well would you be able to explain the concepts you have learnt this week to a peer?

1	2	3	4	5	6	7	8 x	9	10

How well have you been able to present ideas and concepts within group work this week?

1	2	3	4	5	6	7 x	8	9	10

How well have you managed your time effectively this week?

1	2	3	4	5	6	7	8	9 x	10

General Analysis

Strengths
What went well this week? Learning new coding languages and understanding common errors and how to debug. Understanding JAVA, what it does and how it works. Having access to a live environment of Virtual Oracle to test SQL script.
Weaknesses
What did not go so well this week? Time allocated to implement tasks and reflect on the learnings / notes. Ensuring brackets on nested ifs are In correct place first time.
Improvement
What could you do better next week? (SMART target) **Goal:** **How it will be measured:** **Deadline:**

Additional trainer comments

To be completed by the Trainer:

Have you got any additional comments on the trainee for this week?
Next time be sure to set yourself a smart target. We can all improve in some way or another. The target doesn't have to be big, just enough to get into the mindset of continuous improvement.