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?

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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?

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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?

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 x | 8 | 9 | 10 |

How well have you managed your time effectively this week?

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| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 x | 10 |

# General Analysis

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| 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

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| **To be completed by the Trainer:**  *Have you got any additional comments on the trainee for this week?* |