# HIG Brief

The ability to perform self-analysis, to look at your flaws and considering how they can be improved, as well as looking at your successes and attempting to replicate them, is a vital skill for anyone, in any walk of life.

As part of your ongoing development here at the Academy and beyond, it is important that you foster this behaviour and lean towards a growth mind-set. With this in mind I would like you to spend some time every **Friday** reflecting on the events of the previous week.

Maintain these records properly and you, along with the help of your Trainer, will begin to see areas where you can improve.

# SMART Targets

Make your targets:

* **S**pecific
* **M**easurable
* **A**ttainable
* **R**ealistic
* **T**ime-Bound

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| What went well last week. |
| Understood and learnt a lot of new languages and techniques. |
| How you plan to show more of this. |
| *I want to start coming in early to prepare for the day and have a look at the languages as well as practice the stuff from yesterday.* |
| What did not go well last week. |
| I got stuck with setting up some of the environments and programs. |
| How you plan to avoid this issue again. |
| *I will try to research the problem first and try to solve them. If that doesn’t work I will ask colleagues and if they are confused as well I will ask the trainer.* |