Self-Reflection Form

# Introduction

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 consultants for QAC you need to demonstrate that you understand and champion certain core values. Below is your opportunity to analyse how your performance over the last week has shown you capability in certain areas.

Please email the completed form to by COB Friday:

devops.cohorts.self.reflection@gmail.com

# Rated Questions

1 = Poor

5 = Average

10 = Excellent

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

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

How well have you driven high standards through collaboration and teamwork this week?

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

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

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

How well have you managed your time this week at the Academy?

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

How ambitious have you been to work on projects out of the Academy to improve your skills?

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

# SWOT analysis

Make your targets:

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

|  |
| --- |
| Strengths – what you have done well. |
| I think my SQL skills improved especially when we got a chance to play around with solving SQL questions that were given to test our knowledge. But I do want to improve by completing some of the other questions to make sure my data manipulation side of things is more proficient before the end of this month. |
| Weaknesses – what have done poorly. |
| Poorly handled a component of the group work as I felt that I was going to discuss more into other people’s slots in the presentation so tried my best to maintain the topic of discussion that was assigned to me.  I found it really difficult to process the information as it was constantly being pushed out back to back and within no time you had to do a presentation about the topic you just got introduced to a few hours ago.  Tried my best to research more on topics to prepare presentations. |
| Opportunities – what can you do more of. |
| I should try to share more input on challenging tasks to learn better and change the outcome of my daily experiences. |
| Threats – what should you do less of. |
| I should try to pace myself when talking especially when presenting to a whole group. I think I am speaking too fast through the presentation slides, not giving enough time and chance for the audience to engage with the topic. |