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

# 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?

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| 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 |
| *Was able to quite quickly understand the concepts and how to implement examples of docker-compose. I really enjoyed being presented with a more complex task as opposed to simpler exercises.* |
| Weaknesses |
| *I did not help those around me as much as I could have. I was absorbed in what I was doing myself.* |
| Opportunities |
| *Try and challenge myself to complete more tasks to maintain my understanding of docker concepts and apply them appropriately* |
| Threats |
| *Make sure the people around me are keeping up and ask if they need help more frequently; sometimes people might be afraid to ask.* |

# Trainer Comments

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| *To be completed by the Trainer* |

# Learning Pathway

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| *To be completed by the Trainer* |