NBS Self Reflection Form

# 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

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 | 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 been able to present ideas and concepts within group work this week?

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

# General Analysis

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| Strengths |
| *What went well this week?*  *Learning how to connect to the databases and create a working GUI.* |
| Weaknesses |
| *What did not go so well this week?*  *Wasn’t able to fully complete the java pre assessment. I did understood the logic behind and how can i achieve the output but while implementing the codes it did not worked as expected. I struggled a bit to understand about how to call functions via button (ActionListener) but it got clear when we used inner class concept.* |
| Improvement |
| *What could you do better next week? (SMART target)*  **I would try to finish the leftover questions from the pre course and will try to implement the inner class concept on my personal project.**  **Goal: to create databases for my project and try to build a non functional GUI.**  **How it will be measured: Deadline: Try to follow agile process and use product backlog and sprints to measure my performance.** |

# 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?* |