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?

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

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

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

How well have you managed your time effectively this week?

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

# General Analysis

|  |
| --- |
| Strengths |
| *What went well this week?* |
| Weaknesses |
| *What did not go so well this week?* |
| Improvement |
| *What could you do better next week? (SMART target)*  **Goal:**  **How it will be measured:**  **Deadline:** |

# Additional trainer comments

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