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?  I feel I've been getting on well with Springboot this week, its more concise and straightforward way of doing things suits me quite well as I've not quite got my head around reading Java syntax just yet.*  *I also liked the more "free" approach to the learning for want of a better word, I feel like I've got a bit more from this week having put my brain into and gear and solved/created things off my own research.* |
| Weaknesses |
| *What did not go so well this week?  I'd say it's been a pretty successful week since we started Springboot for me, like I say I think it's suited me better than full on Java at this present moment.* |
| Improvement |
| *What could you do better next week? (SMART target)*  **Goal: Get a larger database done for my project**  **How it will be measured: I've already made a start, so maybe uploading where I am now to Github and comparing this where I am at the end of next week.**  **Deadline: Next Friday** |

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?* |