QAC 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 the core values of QAC. Below is your opportunity to analyse how your performance over the last week has shown you capability in certain areas.

# Rated Questions

**Technical**

How well have you been able to retain technical theory?

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

How well would you be able to explain technical theory to a client or colleague?

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

How well have you been able to implement the theories in technical practice?

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

**Soft Skills**

How well have you been able to communicate what you are doing with your team members/trainer?

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

How well have you been able to work as part of a team?

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

How well would you be able to present the topics?

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

**Attitude**

How well have you been able to apply your own initiative and plan and abide by your personal development?

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

How well have you been able to use management your time?

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

How well have you been able to contribution to lectures?

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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

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| --- |
| Strengths |
| *What went well last week*  I am paying more attention in class and asking more questions when I have difficulty with a topic. Conversing more with class mates about topics/ exercises in class and therefore gaining a better understanding. |
| Weaknesses |
| *What did not go well last week.*  Things that didn’t go well include time management outside of class hours to revisit older topics/ practicing things learnt. The assessment didn’t go as planned, as there were some difficulties at the start with the speed of eclipse and I should’ve mentioned it earlier for it to get resolved so this definitely hindered my ability in the assessment. My overall thought process in the assessment was lacking as I wasn’t including basic code for the tests to succeed. Another example was attempting to use other methods during the assessment when given a simpler method to work with. |
| Opportunities |
| *What could you do in the future to improve your strengths.*  In future I plan to do at least do 30 minutes of revision before class and after class during the week to improve my knowledge and help remember things that I may have forgotten. Answering more questions in class and be confident enough to present some work when able to. Ask more questions when unsure on a topic. |
| Threats |
| *The issues you need to avoid in the future to minimise your weaknesses.*  Avoid leaving revision/ extra work to late night and do it earlier on. Pay attention to Chris whilst taking down notes. Don’t look at the computer screen/ get distracted whilst Chris/ Ian is speaking. |

# Trainer Comments

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| *To be completed by the Trainer* |

# Learning Pathway

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| *To be completed by the Trainer* |