



This notepad is intended to guide you in logging your reflections on particular topics of this course. It is divided into five (5) sections, such as:

(1)

My Key Take-aways

(2)

Grateful Points

(3)

Pain Points

(4)

Anticipated Hurdles

(5)

Possible Actions

You may draft your thoughts in bullets, then **finalize them in concise paragraphs**.

Shade the box of "How Well I Did in this Topic" to indicate your assessment of your achievement of the intended learning outcome for the session.

Color legend: BLUE - excellent; GREEN - very good; YELLOW - good; RED - fair