

SELF REFLECTIVE JOURNAL

Name: _____ Date of Birth: _____

Your date of birth is required for the Unit Award Scheme administration and will not be used for any other purposes.

Self reflection is important to help support your own personal growth and personal development.

Following on from the assessment centre, please spend some time reflecting on your learning and experiences. This will be used as part of your evidence of learning for the Unit Award Scheme and must be submitted to your assessor.

What have I learned following the assessment centre?

What went well? Identify specific tasks, situations or behaviours

What didn't go so well? Identify specific tasks, situations or behaviours

What feedback have I received and what am I going to do with it?

What do I need to do differently in order to succeed?

If I was preparing a presentation in advance of an assessment centre, how would I go about producing materials to engage an audience?

If I was preparing for an interview with a particular organisation, which three areas should I research about the organisation?

How does this learning experience contribute to my personal / professional development?

What actions or next steps do I need to make?