Academy of Open Learning
Be globally Competent

Reflective Practice Form

Learner Name: _____
Course Title: _____
Trainer Name: _____
Date: _____

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1. Self-Assessment of Progress

Reflect on your learning journey so far. Please answer the following questions honestly and thoughtfully.

- What skills or knowledge have you developed during this course?

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  _____

  _____

- What challenges have you faced, and how did you overcome them?

  _____

  _____

  _____

- How do you feel about your overall progress? (e.g., confident, still need practice)

  _____

  _____

  _____

2. Lifelong Learning Reflection

This section encourages you to think about how this course fits into your long-term learning goals.

- How do you plan to continue developing the skills learned in this course after it ends?

- Are there any specific areas you would like to explore further in future courses?

3. Skill Development Tracking

Consider the skills you've gained and reflect on how you plan to track your progress in the future.

- What specific skills have you gained that you will continue to develop?

- How will you measure the progress of these skills in the coming months?

4. Trainer Feedback and Guidance

Your trainer will review this section and provide personalised guidance based on your reflections.

- Trainer's comments and feedback on your progress:

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- Trainer's advice for further development:

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Learner Signature: _____

Trainer Signature: _____

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