Self-Review / Log Book Notes

Evidence collection 3

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| Name: |  |
| Date: |  |
| What were the learning objectives? |
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| What were the ACTIONS (areas for improvement) that you set yourself last lesson? | Have you improved the ACTIONS? |
|  | Yes □ No □ Needs further work □ |
|  | Yes □ No □ Needs further work□ |
|  | Yes □ No □ Needs further work□ |
| (Strengths) In your performance, what went well? WHY? |
| **Strength 1 – Point (What skill was strength?)­­­­­­­­­­­­­­­­­****Strength 1 – Evidence** (How do you know it was strength**Strength 1** – **Analysis** (What rehearsal strategy did you use? How does doing the skill well make a good performance?)**Strength 2 – Point (What skill was strength?)­­­­­­­­­­­­­­­­­** **Strength 2 – Evidence** (How do you know it was strength?)**Strength 2**– **Analysis** (What rehearsal strategy did you use? How does doing the skill well make a good performance?) |
| (Weaknesses) In your performance, what did not work so well? WHY? |
| **Weakness 1 – Point (What skill was a weakness?)­­­­­­­­­­­­­­­­­****Weakness 1 – Evidence** (How do you know it was a **weakness**?)**Weakness 1** – **Analysis** (What rehearsal strategy could you use to improve the skill? How would doing the skill well improve your performance?)**Weakness 2 – Point (What skill was a weakness?)­­­­­­­­­­­­­­­­­** **Weakness 2 – Evidence** (How do you know it was a **weakness**?)**Weakness 2**– **Analysis** (What rehearsal strategy could you use to improve the skill? How would doing the skill well improve your performance?) |
| ACTIONS - Look at your weaknesses. In your opinion, what should you focus on improving next lesson? |
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| PERSONAL MANAGEMENT SKILLS – What were your personal management skills like this lesson? (This includes behaviour, effort, listening skills, kit)  |
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| Could you improve any of your personal management skills? How would this improve your standard of performance? |
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