

SELF - EVALUATION FORM

NAME:

Please rate how much you agree with the following statements.

	Very well	Well	Adequately	Poorly	Very poorly
How well do you understand the material covered in this activity?	☐	☐	☐	☐	☐
I have participated and interacted with my colleagues .	☐	☐	☐	☐	☐
The topics covered were relevant to me.	☐	☐	☐	☐	☐
How well have you developed your critical thinking and problem-solving skills in this activity?	☐	☐	☐	☐	☐
How well have you improved your communication skills (writing, speaking, presenting) in this course?	☐	☐	☐	☐	☐

What challenges did you face in this course, and how did you address them?

What areas do you need to improve in, and what steps will you take to improve them?
