Reflecting on Your Learning & Progress

[Course title] has been designed to support you in your efforts to achieve specific learning outcomes. We identified and discussed these learning outcomes on the first day of class when we reviewed the course outline. Take a moment to reflect on your learning and progress so far this semester by completing this short self-assessment task.

Please put a check mark in the box that best reflects how well you can currently perform each of the following course learning outcomes.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Presently, I can . . . | not at all | poorly | somewhat confidently | confidently | I'm not sure |
| *[add course learning outcome #1]* |  |  |  |  |  |
| *[add course learning outcome #2]* |  |  |  |  |  |
| *[add course learning outcome #3]* |  |  |  |  |  |
| *[add course learning outcome #4]* |  |  |  |  |  |
| *[add course learning outcome #5]* |  |  |  |  |  |
| *[add course learning outcome #6]* |  |  |  |  |  |

NOTE: Instructors should only include the CLOs that students have learned, practiced and received feedback on so far in the course.

1. Which learning outcomes have you made the most progress on?

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Turn over

1. Which learning outcomes are you finding more challenging?

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1. What steps can you take to get more help with learning the information and skills required to achieve those more challenging course learning outcomes? (i.e., schedule time every day to review class materials and notes, visit instructor’s office hours regularly, go to the [Learning Commons](https://langara.ca/student-services/learning-commons/index.html), work with a [peer tutor](https://langara.ca/student-services/learning-commons/tutoring/index.html) etc.)

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