

**PART ONE:** For each skill, rate yourself on a scale of 1 (not very well) to 5 (extremely well).

SKILLS - ask your Tutor to explain these....	How well are you learning this skill? (1 to 5)	<ul style="list-style-type: none"> <li>• Give a brief example of when you've practised the skill over the past few weeks.</li> <li>• In which subject(s)?</li> </ul>
Working independently (creatively/analytically)		
Working with other people (group work)		
Good reading comprehension skills (analysing meaning)		
Research skills (library, internet)		
The writing process (essay-writing, academic honesty)		
Investigative science practical skills (experiments)		
Literary skills (reading, library)		
Information literacy skills (ICT, analysing different sources)		
Presentation skills (talks)		
Reflecting on your learning (How well are you learning?)		
Effective time-management (organisation skills)		
Building community		
International awareness		

Promoting justice		

**PART TWO:**

1. Consider ALL your co-curricular commitments this term.
2. How - and how well - have they have developed you *as a person* (emotionally, physically, spiritually, etc.)?

	Evidence?	Your strengths /areas for improvement?	Goals?
New challenge(s)?			
Working with others?			
Developing leadership skills?			
Service: College, local, global?			
Significant perseverance and commitment?			
Learning new skills/new levels of excellence?			