Modeling Motion **Self-Evaluation Worksheet**

Your self-evaluation is one of the most important documents in your transcript and serves as a record of your significant learning in the programs that you take. It is therefore important that your write this document well. This worksheet is designed to prompt your thinking about some important aspects to consider when writing your self-evaluation. If you are staying in the program you need only submit this worksheet, but if you are leaving the program you should use this worksheet as a guide for writing a formal self evaluation.

Name:

1. What motivated you to take this program and what were you hoping to get out of it.

2. What is the most important/interesting thing you learned this quarter?

3. Of all the work you did in this quarter of which are you the most proud? Why?

4. Which subjects and or components of the program did you work hardest on? Why?

5. What kind of learner are you? Did you benefit from collaborative group work, such as in workshops and labs or do you prefer working independently, or following lectures? Has your approach or preference changed in this program?

6. Did you keep up with the readings and homework? What strategies or resources did you employ to help you with the out of class work.

7. If you had this quarter to do all over again what would you do differently? E.g., time management, study habits, relations with other students, skill development, etc. What have you learned about yourself that you will be mindful of next quarter or in your future studies?

8. What are your plans for next quarter? (specify 16, 12 or 8 credits in Modeling Motion or leaving the program. If you are enrolling in reduced credit let us know what subject you will be taking.)