

Self-Assessment Journal Reports

Name _____
 Lab Instructor's Name _____
 Lab—Day/Time _____
 Date _____
 Project _____
 Journal Number _____

Self-Assessment Project Journal



There is only one corner of the universe you can be certain of improving, and that is your own self.—Aldous Huxley

Insights (New Understandings or Awareness)

An **assessment (analysis)** of my past week's performance based on accomplishment of my action plans indicates **progress** in the following skill areas and project developments: _____

The **results (qualitative measurements or quantitative data)** on my skills and project that support my conclusions are: _____

The **activities** in my short-term action plans that enhanced my personal **skills growth** and **project progress** the most were: _____

Reason(s) why these activities were successful: _____

My **mood** or attitude toward learning (**both skills and project development**) during this time period was: _____

On a scale of 5 to 1, my **attitude** was:

	5	4.5	4	3.5	3	2.5	2	1.5	1	
Positive	—	—	—	—	—	—	—	—	—	Negative

It affected my learning:

	5	4.5	4	3.5	3	2.5	2	1.5	1	
Greatly	—	—	—	—	—	—	—	—	—	Minimally

I can use these **insights** from the self-assessment (analysis) above to improve my future learning performance of skills by: _____

I can use these **insights** to enhance my **project** by implementing the following development plans next week: _____

Self-Assessment Journal Report

- **Most valuable Insight(s) I learned**
- **Insights (New Understandings or Awareness)**
 - **Identify what new, different and significant understandings or discoveries were gained from self-assessment of your past week's project development process**
 - **Assess (analyze) of current project progress and skills performance as compared against the implementation of the previous action plans**
 - **Identify skills and project results (qualitative analysis or quantitative measurements) that support your conclusions**

Self-Assessment Journal Report

- **Insights** (*continued*)
 - **Activities** (short term action steps) that enhanced skill(s) growth and project progress the most
 - **Expresses** reasons why these activities were successful
 - **Assess** your mood and attitude toward learning of both skills and project development
- **Analyze** how you use can the insights to improve future learning performance of skills
- **Assess** how you can enhance your project progress and process with new or modified development plans

Strengths (Highly Developed Skills)

The following are two of my greatest strengths (skills) I plan to use next week:

Skill 1. _____

Reason(s) why this strength is important to my project: _____

Skill 2. _____

Reason(s) why this strength is important to my project: _____

Areas for Improvement (Skills Identified for Development)

My two areas for improvement (skills) and action plans (activities/steps) for developing my project next week are:

Area for Improvement 1. _____

Reason(s) why improving this skill area is important to my project: _____

Short-term (weekly) action plan (list of activities or steps): _____

Long-term (project/future) action plan (goals/objectives) for skill and project: _____

Area for Improvement 2. _____

Reason(s) why improving this skill area is important to my project: _____

Short-term (weekly) action plan (list of activities or steps): _____

Long-term (project/future) action plan (goals/objectives) for skill and project: _____

Strengths:

**Instructor
Feedback**

Areas for Improvement:

Insights:

Self Assessment Journals

- Use **SII Design for Assessment**
 - **Strengths of Your Learning Performance**
 - Identify Ways, Skills and Reasons for Improvements
 - **Areas of Improvement in Learning**
 - Identify Changes for Improving
 - Action Plans for Improving IT Skills
 - Action Plans for Using Additional Skills
 - **Major Insights Gained from Learning Process**
 - Identify New Discoveries and Understandings
 - Assess Project Progress and Results
 - Analyze Skills Development
 - Determine How to Use Insights in Future Development Plans

Project Requirements

Self-Learning Project Progress Report

- Progress Report, Start-Up Journal and 2 Follow-Up Self-Assessment Journals

- Self-Assessment Project Portfolio

- Project Report, 1 Start-Up Journal and 6 Follow-Up Self-Assessment Journals

Self-Growth IT Progress Report

- **Project Progress Report**
 - **Development Plan**
 - **Project Progress**
 - **Skills Growth Progress**
 - **Research Support**
 - **Resources, Illustrations, Bibliography**
 - **3 Self-Assessment Journals**
 - **Feedback Interview**

Self-Growth IT Project Report

- **Information Technology Project Portfolio**
 - **Project Report**
 - **Project Topic Report**
 - Project Life Cycle
 - **Self-Assessment Analysis Report**
 - Strengths, Areas of Improvement, Action Plans, Insights
 - **Appendix**
 - Project Results
 - Illustrations, Sources
 - 7 Self-Assessment Journals
 - Bibliography of Sources