



STRATWORTH
UNIVERSITY

Reflective Practice Form

At Stratworth University, our learners are encouraged to engage in reflective practice for each training course taken from our institution. This practice enables learners to identify their areas of strength and areas upon which they may need to improve, thereby empowering them with critical insights that both help them showcase acquired skills and plan for future learning. It also serves as a very valuable input mechanism to aid our program development team develop more valuable courses for our learners and their institutions.

The Reflective Practice Form

Training Program Title: _____

Date of Training: _____

Learner Name: _____

Reflective practice helps you recognize your strengths, identify areas for improvement, and plan for future learning. Please take some time to complete this form thoughtfully.

Section 1: Key Learnings

1. What were the three most important things you learned from this training?

- _____

- _____

- _____
2. How do these learnings relate to your current professional role or responsibilities?

- _____
3. Did the training content challenge any of your existing knowledge, assumptions, or practices? If yes, how?

- _____
Section 2: Strengths and Areas for Improvement

4. Which aspects of the training highlighted your existing strengths or skills?

- _____
5. Did the training reveal any areas for improvement? If yes, what are they?

- _____
6. What strategies or resources will you use to address these areas for improvement?

- _____
Section 3: Application and Future Development

7. How do you plan to apply the knowledge or skills gained from this training in your work?

- _____
8. What specific goals will you set for yourself based on this training?

- _____
9. What further learning or professional development opportunities do you feel would help you build on this training?

- _____

Section 4: Reflection on Learning Process

10. What aspects of the training delivery (e.g., format, pacing, interactivity) supported your learning?

- _____

11. Were there any barriers to your learning during the training? If yes, what were they?

- _____

Section 5: Personal Insights

12. What did you discover about your own approach to learning or professional development during this training?

- _____

13. Do you feel more motivated to pursue further learning as a result of this training? Why or why not?

- _____

Thank you for completing this Reflective Practice Form. Your reflections will help guide your ongoing professional development and enhance the impact of your learning.

This form has been reviewed, approved & authorized by:

Name: Prof. Dr. Lawrence Emeagwali

Position: Company Director

Date: December, 2024

Form Review Date: December, 2027