**Skills development: monitor your progress**

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| **Baseline (starting place)**Date: Skill being developed:My current level of confidence in this skill (circle/highlight one):**1** very low **2** low **3** OK **4** high **5** very highAspects of this skill I have already demonstrated:**Goal**What I want to be able to do (aspects, sub-skills, qualities I want to develop):**Record of progress**Note down steps in your development of this skill. Decide what progress would look like in each case. This might be the achievement of a personal goal (such as gaining a particular grade for an assignment), or a step towards achieving a personal goal (such as asking a question in class for the first time, or developing a successful strategy for arriving on time if you find time management is a challenge).

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| **Date** | **Achievement (what I can do now that I couldn’t before)** | **How I know (evidence or example)** |
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