**Skills development: monitor your progress**

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