Self Study
Personal and Professional Reflection Form

Name______________________________________

Title of Article or Online training_____________________________________

Describe what you have learned and how you plan to improve the quality of your program or classroom.

Write a description of what you learned:

How I plan to use this information within your classroom/program?

I, ________________________________, certify that I completed the entire training/article and have attached a copy of the article or a description of the training (print out from internet) to this reflection form.

Participant’s Signature __________________________ Date Completed ________ Training Hours ________ (1 to 2 hours for the reading and writing portion and an additional 30 minutes may be added for director/staff discussion)

Supervisor’s Name __________________________ Date ______________