



**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** \_\_\_\_\_