

Self-reflection Report Template
approved by the Committee on Undergraduate Core Education

Course Code: _____
Course Title: _____
Course Instructor: _____
Student Name: _____ Student ID No.: _____
Submission Date: _____

1. Learning Experience: Summarize your key learning experiences during the course.

a) Most valuable lesson(s) learned

b) Challenges faced and how you overcame them

2. Competency Development: Describe and rate the skills and competencies you have developed throughout the course by circling 1 to 5, making reference to the definition of the 5-point rubric scale of the Common Core Competencies.

a) Communication

(Level: 1 Entering 2 Emerging 3 Competent 4 Advanced 5 Exceptional)

b) Personal development

(Level: 1 Entering 2 Emerging 3 Competent 4 Advanced 5 Exceptional)

c) Problem solving

(Level: 1 Entering 2 Emerging 3 Competent 4 Advanced 5 Exceptional)

d) Social responsibility

(Level: 1 Entering 2 Emerging 3 Competent 4 Advanced 5 Exceptional)

e) Areas for improvement

3. Application of Knowledge from Preparatory Training/Workshops: Explain how you have applied the knowledge gained from preparatory training/workshops to actual practice.

a) Preparatory training/workshop attended

b) Practical application of knowledge

c) Effectiveness of the applied knowledge

4. Applying Academic Knowledge from within and outside Major Programs: Discuss how you have integrated knowledge from other academic areas into the course.

a) Relevant knowledge from major program

b) Relevant knowledge from outside major program

c) How this knowledge has enhanced your learning experience

5. Conclusion: Summarize your overall learning experience and future goals for continued growth and development.

6. Attachment: Please attach any supporting documents, evidence, or artifacts of your learning experience, if applicable.