Your self-evaluation is one of the most important documents in your transcript and serves as a record of your significant learning in the programs that you take. It is therefore important that your write this document well. This worksheet is designed to prompt your thinking about some important aspects to consider when writing your self-evaluation. You will use this worksheet as a guide for writing a formal self-evaluation during the self-evaluation workshop.

	evaluation during the self-evaluation workshop.
	ame: What motivated you to take this program and what were you hoping to get out of it? (The intent of this question is to get you thinking about your full academic path, not just this program)
2.	What is the most important/interesting thing you learned this quarter?
3.	Of all the work you did in this quarter of which are you the most proud? Why?

4. What parts of the program did you find most challenging? Which subjects and or components of the program did you work hardest on? Why?

5.	Do you know what type of learner you are? Do you benefit from collaborative group work, such as workshops and labs or do you prefer working independently, or following lectures? Are you making progress in acquiring new learning styles?
6.	Did you keep up with the readings and homework? What strategies or resources did you employ to help you with the out of class work?
7.	If you had this quarter to do all over again what would you do differently? E.g., time management, study habits, relations with other students, skill development, etc. What have you learned about yourself that you will be mindful of next quarter or in your future studies?
8.	What are your plans for next quarter? If you are staying in Introduction to Natural Science what do you wish to accomplish and what topics do you want to learn? If you are leaving the program for another one, what is the program and why are you leaving?