

My Personal Professional Learning Reflection



Name of Activity: 411 Fit Wellness Program

Name of Participant: _____

Date: _____

Planning

How can I incorporate what I have learned from workshop sessions into my planning for use at my work site?

Delivery

What specific strategies learned today will I use at my work site to be more effective?

Follow up

How will I further strengthen my knowledge in this area or how will I use this information as follow up at my work site?

Evaluation

How might what I have learned be used to impact the growth of colleagues and students, and how will I evaluate that impact?
