## 3.2 Self-appraisal of learning

### Evaluating your learning experience

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|---|---|---|---|
| **Placement:** | | | |
| **Training period** *from:* | | *to:* | |

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| 1. What did you find most valuable in learning experiences and how did they match your needs? What areas did you find the most difficult? |
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| 2. What feedback did you get from your supervisors to help you meet your objectives? |
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| 3. Has your placement(s) differed from your expectations? Has it changed your ideas or thoughts on a career direction? If so, how? |
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| 4. In light of your experiences, how will you adapt your PDP? |
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| 5. What (if any) study/formal education did you undertake during the Foundation Programme? What were some of the key things you got from the training? |
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