

Learning Activity 2.1 Self-Reflection and Planning Exercise

One of the important parts of self-reflection is being able to take stock of what you do well and what you can develop further. In the interest of developing your abilities, use the following list of skills to reflect on your current ability and how you might develop it further.

- Written and other communication skills
- Research skills
- People skills
- Thinking skills
- Task management skills
- Time management skills
- Confidence
- Resilience
- Organisational skills

