

Family & Consumer Education – Foods

Student name: _____

Block hour: 1 2 3 4

Date: ___/___/___ Semester: 1-2 3-4

Year: FR SO JR SR

Advisor: _____

Foods Teacher: _____

REFLECTING ON YOUR LEARNING

What are your strengths in this class? _____

What are your weaknesses in this class? _____

How has the “speed dial buddy” system helped you learn?

How has the “Speed Dial Buddy” system helped you get to know others in class?

What have you learned in this class that could make you a better employee in the future?

Which labs have you enjoyed the most? _____

Name a skill that you did not have before taking this class. _____

How confident are you with your abilities to measure and follow a recipe in the foods lab?

What changes would you make in the organization of the kitchen you work in right now?

Looking ahead, what foods are you eager to learn about and prepare in class?

1 _____ 2 _____ 3 _____

According to a book titled **The Bases of Competence: Skills for Lifelong Learning and Employability**, there are seven workplace skills that employers want. Rate yourself (0 = none 4 = great) on each of these 7:

Skill	0	1	2	3	4
Learning to learn					
Competence in reading, writing & communicating					
Communication skills					
Adaptability					
Personal management – motivation and goal setting abilities					
Group effectiveness – interpersonal skills & teamwork					
Influence – organization & leadership					