I. General Evaluation

In 4-5 sentences, describe non-judgmentally how your training has progressed over this time period. Use precise language and be quantitative where appropriate.

In 4-5 sentences, describe one or two areas in which you have improved (these can be the same as in the past).

In 4-5 sentences, describe one or two areas in which you need to improve (these can be the same as in the past).

In 3-4 bullet points, identify the actions you need to take to improve in that area.

In 2 sentences, describe one joyful moment you had in training this term.

In 2 sentences, describe one weak moment you had this term.

In 2 sentences, describe one moment of growth you had this term.

II. Goal-Meeting Evaluation

Please refer to your Goal Setting form for this term when filling out this evaluation.

In 3-4 sentences, describe non-judgmentally whether you are fulfilling your objectives in this program. Address every objective.

In 3-4 sentences, describe non-judgmentally whether you have met or are working towards your long-term goals. Address every goal and be specific.

In 3-4 bullet points, identify the ways in which you need to improve your training to meet your long-term goals. Be specific.

In 3-4 sentences, describe non-judgmentally whether you have met or are working towards your short-term goals. Address every goal and be specific.

In 3-4 bullet points, identify the ways in which you need to improve your training to meet your short-term goals. Be specific.

In 2 sentences, describe what your role has been on the team this term and whether that role is the one you need to play.

In 2-3 bullet points, identify the ways in which you can better fulfill your role on the team.