



## Medicine, Rural Clinical School, Port Macquarie

### Student Wellbeing @ Port (SW@P)

Progress Meeting Student Template			
Student Name		zID	
Year		Date	
SW@P Tutor			

Reflection is thinking for a purpose; it is about wanting to understand and develop the way you learn.

To do this you need to evaluate, ask questions, and make judgements.

Please spend a few minutes thinking about these questions. Jot down some notes and bring them with you to our meeting.

**NB** Don't worry if you are not able to fill in all of this form. Just complete those sections you feel you can before the meeting. Feel free to expand the space provided for each question below. Remember to make a copy of the completed form and bring it with you.

#### Progress so far – your view

- Consider the most enjoyable and least enjoyable aspects of your course so far. What makes this so and is there anything you would like to work on?
- What types of work have you undertaken? (*group work, essays, etc*)
- What has been your level of attendance so far and how many hours on average of private study are you doing each week?
- What kind of feedback have you received on your assignments in the last academic semester? As a result, are there any areas you want to concentrate on particularly?
- What sort of feedback have you received from your facilitator? Are there areas you would like to improve?

Note any points you wish to discuss at your meeting.

## **Achievements**

- Since your last meeting, are there any achievements you want to note? (*student representative position, more enthusiastic about course, read a lot more, work harder than last year, better social life, achievements in your extra-curricular activities*)
- Are there any areas you would like to improve?

## **Additional items**

- Any additional things you want to discuss/issues raised at the meeting?

**Action Points**

- Please note down below the key points that you'd like to take forward for this semester on the basis of this meeting/discussion:

**Student action points:**

**Tutor action points:**

*NB: Your SW@P Tutor will place a copy of this form in your student file which is located in the School Office*

Please check the notes of the meeting; if you agree these notes, please sign below:

Date: \_\_\_\_\_

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Student signature

Tutor signature