

## FAMILY DEVELOPMENT TRAINING AND CREDENTIALING PROGRAM

### SKILLS PRACTICE REFLECTION

Name:

Chapter:

Date:

Skills Practice #:

A Skill that I practiced was (write the full description as listed in the book):

Learning Objective(s) Addressed in This Practice

(list letter(s) and write out objective(s)):

A description of what I did to practice this skill:

My reflection on this experience:

What I did well:

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Chapter:

**What skills and strengths I saw in myself:**

**What barriers or challenges I encountered:**

**What I might do differently next time:**

**How can I use what I learned in my work:**

**Advisor's Reflection and Signature:**

Advisor's signature \_\_\_\_\_ Date \_\_\_\_\_