



ONLINE LEARNING

PARTICIPANT SELF-REFLECTION QUIZ

Next time you're given the opportunity to take advantage of an online learning solution, consider using this self-reflection quiz as a tool to ensure you're doing all you can to maximize its impact. We recommend reviewing these questions before you begin so you can more mindfully participate, and then filling out the quiz once the leadership development experience concludes.

Rate your presentation characteristics during this virtual event from 1 to 7 where:

1 = Needs significant improvement | 4 = Acceptable | 7 = Needs no improvement

- _____ Did I give myself time and space to minimize distractions and transition into the online learning environment?
- _____ Did I make an effort to actively listen to the facilitator and other participants?
- _____ Did I take notes when insights or remarks struck me as particularly relevant and useful?
- _____ Did I ask questions verbally or in chat when I was unclear on expectations or wanting to know more?
- _____ Was I intentional about being vulnerable and honest in my conversations and experiences with other participants?
- _____ Did I express openness, gratitude, and empathy when others were vulnerable and honest with me?
- _____ Did I identify and note specific times in my current work that I would have the opportunity to practice the skills and behaviors that I was learning?

_____ **TOTAL**

RECOMMENDED NEXT STEPS:

36-49: Congratulations! You've done the work necessary to ensure that you're maximizing the impact of your online learning development program. As a next step we recommend following these tips to ensure you're also an [expert communicator](#) in a virtual setting.

21-35: Good job! You're well on your way to maximizing the impact of online learning development solutions. As a next step, check out these resources on enhancing your [active listening](#), [gratitude](#), and [empathy](#) skills.

7-20: Keep practicing! Online learning development solutions have the potential to change the way you approach your work and enhance your effectiveness as a leader if you are intentional about putting in what you hope to get out of the experience. Consider learning more about the [4 core leadership skills](#) you need for every career and how [development experiences drive performance](#).