

Course Reflection Worksheet

Congratulations! You have completed your course!

Now is a great time to reflect on the progress that you have made and the gains that your child has made. The following are a few reflection questions that may help you in doing this:

1. What have you gained from this course?
2. What is something that you learned that you feel you will be able to take with you in your day to day?
3. What is a way that you have set your child up for success to have positive changes?
4. What is a way that you have set yourself up for success in completing a behavior plan?
5. What is a positive viewpoint that you have about your child after this course?
6. Name an area that you have seen personal growth in your parenting after taking this course.
7. In what way has positive reinforcement changed your relationship with your child?
8. Have you noticed any changes in the way that you talk to your child when emotions are running high?
9. What is something that you are proud of and feel like you are doing well after taking this course?