After Action Review

You did it! You made it through the entire metacognition training course! It wasn't too bad, was it? Sure there was a lot of slowing down and thinking, but in the end I hope you got a lot from it. This last AAR is to tie everything up with a neat little mental bow so you can continue to move forward in leaps and bounds.

What did you learn through the whole process?

What new tricks do you want to test for the next project?

What tricks do you already have that worked?

Where do you feel you can use the most improvement in the process?

How will you apply the material in this class to the rest of your life?