

WHAT I GOT FROM TODAY?



All



10 minutes



The second trainer draws 4 large quadrants on a flip chart paper with the following four words: Know, Challenge, Change, and Feel.

The lead trainer asks each participant to do the same on a regular sized sheet of paper that he/she distributes and fill in the quadrants by responding to these four (or similar versions of these four) questions:

Know: What was studied today that confirmed something you already knew?

Challenge: What challenged you today?

Change: What is one way you plan to change your work, based on today's learning?

Feel: How do you feel about what you learned here?

The participants discuss their answers in small groups while the (second) trainer wanders around to collect the sheets (which are anonymous) to review.



This evaluation exercise is most suitable to be conducted when swift feedback from participants is required, usually amid the training course. It is informative enough to give trainer/s hints for the continuation of delivery.



Marker, FC+paper with the following drawing:

<u>KNOW</u>	<u>CHALLENGE</u>
<u>CHANGE</u>	<u>FEEL</u>

M2 Instruction 10



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