

Activity 5.3 Family – Action Plan



How do you plan to use what you learned? Create an action plan to take your learning directly to the classroom!

Two ideas I would like to try out:

Two or more action steps I need to take to put the two ideas into practice:

Consider the following:

1. Do I need additional data and information? (e.g., information from family, other team members)
2. What additional support can I get from my instructor, faculty, program director, coaches or leadership?
3. What additional training or coaching do I need?