**FLO Intro Video MicroCourse: Pre and Post Training Self-Assessment**

Before going on in this course, rate your current (Pre-Training Rating) knowledge or ability to perform each skill, with 0 being no knowledge or skill and 10 being an expert in this knowledge or skill.

After the training, fill in your new rating in the Post-Training Rating column.

*If you find that you over or under estimated your pre-training knowledge or skills you can change the pre-training rating.*

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| --- | --- | --- | --- | --- |
| **Concept or Skill** | **Pre-****Training Rating****0 - 10** | **Post-Training Rating****0 - 10** | **Difference** | **Comments** |
| Knowing why you wanted to create an intro video |  |  |  |  |
| Identifying who your video is for |  |  |  |  |
| Scripting a video |  |  |  |  |
| Video formats |  |  |  |  |
| Video recording |  |  |  |  |
| Audio recording |  |  |  |  |
| Video post-production (editing, adding effects, etc.) |  |  |  |  |

**Pre-training question**:

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| 1. What are your main goals for taking this course? What do you want to be able to do or understand better? |

**Post-training questions**:

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| 1. How close or far did you come in achieving your training goals or objectives?  |

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| 2. What plans or strategies will you use to help you apply this training when needed? |

**Action Planning: A post training plan to use new concepts and skills**

*(This is based on* [*Will Thalheimer’s Triggered Action Planning Job Aid*](https://www.worklearning.com/2014/09/05/triggered-action-planning/)*)*

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| **Goal** |
| What ideas do you have for putting what you have learned into practice? |
| **Situation** | **Action** |
| List some situation(s) that may occur where you be able to use what you have learned in this training? | What specific new action(s) will you take if or when this situation occurs? How will you apply what you have learned? |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |

Add more lines if needed.