CATHOLIC EDUCATION OFFICE
DIOCESE OF ROCKFORD

PARTICIPANT REFLECTION

As a follow-up to each session, it is required that you complete this form and share it with your Catechetical Leader or Principal **within two weeks of the session date**. The purpose of this process is growth, not evaluation. It is to help you assess your own learning and how it can best be applied in your ministry. Credit toward your formation as a catechist will be entered on your Personal Formation Plan.

Catechist Name _____ Date Submitted _____

Session Title _____

Facilitator _____ Date of Session _____

1. Describe the focus of this session in your own words.

2. In what you learned in this session, what three things were especially important for you?

3. How can you best apply what you gained from this session into your ministry?

Credit is hereby given for completion of this formation session.

Approved by: _____ Date: _____

Role: _____
(Catechetical Leader / Principal)

(Elective Sessions only: # credit hours received = _____)

NOTE: Keep a copy of this form as a record of your completion.

Revised: 02/2024