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| **FDCLogo1.png** | **Personal Growth Unit (PGU) Report Form***Center for Teaching and Learning – Division of Academic Affairs* |

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| **Name:** |  | **Date Received:** |  |
| **Department:** |  | **Subdivision:** |  |
| **Title of the Activity:** |  | **Date(s) Attended:** |  |

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| **Please respond to the following questions:** |
| 1. **What was the most useful idea, concept, or thing that you learned from attending the activity?**
2. **Have you or will you apply any of the concepts learned from the activity you attended? If you have, briefly describe how they have been applied. If you have not, please indicate how you plan to use them in the future.**
3. **If you have applied knowledge gained from the activity, how have your students responded to it?**
4. **Would you recommend this activity to other instructors? Please state why or why not.**
5. **Please provide an outline and brief description that can be used to indicate the number of contact hours you are requesting and how those hours were spent.**
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| **Note**: Your report may be shared within publications developed by the college. |