

REFLECTION GUIDELINES

Toward the end of each unit, you will be called upon to reflect upon your work. This writing sample begins on the left side of the notebook and continues on the right.

While there is no required length, high quality reflection uses 1-2 pages of the notebook.

1) Select up to 4 items that represent your best work. **In several reflective paragraphs**, address the specific reasons why you chose these items as your best work as well as what these assignments reflect about your skills as a student scientist.

A. High quality reflection includes your consideration of the following in reference to your best work:

- what you learned from the activity,
- how you learned from it,
- what aspects of the work were high quality,
- what you would do differently in the future (and why),
- what made you proud of this particular work,
- what made the activity worthwhile for you,
- how does this work impact your view of the world,
- what information did you learn that was new to you, etc.



B. High quality reflection also examines your skills as a student and as a scientist. Skills you might discuss are:

- ✧ organization,
- ✧ analysis,
- ✧ logic,
- ✧ creativity,
- ✧ thoroughness,
- ✧ accuracy of information,
- ✧ ability to put new information together,
- ✧ understanding new concepts, etc.



Please note:

Commenting that it was "fun" or just that you liked it, it **NOT adequate reflection.**

2) Indicate your overall rating of your notebook based on the grading rubric. Explain why you have earned this rating. Has your notebook improved from past notebooks?

3) What specific study skills have you employed to be successful in this class? What organization strategies appear on the notebook helped you learn the most? Elaborate.

4) What are your goals for improvement in this class? List specific areas in which you feel you need to improve or need help improving.

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D. High quality reflection also examines your skills as a student and as a scientist.

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