

Ooltewah Middle School

Student Reflection Form



Today's Date

Distributed to: _____ (TEAM: _____) on: _____
Student's Name

Assigned by: _____ , _____
Name of Teacher/Counselor/Administrator Subject/Job Title

Reason(s) student received this form: Alternative to Disciplinary Referral/Write-Up regarding:

***Completed form** (signed by a parent/guardian) **DUE** to _____ by

DEADLINE: _____ *

Student will review form with _____ **on (date above/deadline) @ time:** _____

Student: You are being asked to complete this form in its entirety, showing effort, honesty and thoughtful reflection. This reflection sheet is being used as an intervention tool to address your recent behavior(s) that violate or disrespect our expectations or rules. Your effort and follow-through (completing this form) will be considered when further disciplinary actions are discussed by your team/administration. Please use this form to your advantage and give your best when providing feedback. Also, please note there is **front & back** to this form & **a parent signature is required to be considered 'complete'**

1. Describe your behavior(s) that led to this consequence (receiving this form). What poor choice did you make? Be specific.

2. How did your behavior interfere with your learning? (At least 3 sentences)

3. How did (or could) others around you be negatively impacted/disrespected as a result of your behavior? (At least 3 sentences)

4. Please share at least 3 specific examples of things you can do to avoid this (or a similar) negative behavior from reoccurring

- 1) I can _____
- 2) I can _____
- 3) I can _____

5. Please provide at least 3 reasons **why** you should work to improve your behavior: _____

6. Your teachers want to see you succeed and are here to help. Please share your needs and/or suggestions for how an adult could help support you being successful below. You may also include any other comments, concerns, struggles or issues you feel you educators should be aware of in the space below. _____

Additional student comments (related to this incident):

Please take a moment to read over the following paragraph. To ensure you read this statement, please **copy it exactly as stated & entirely** in the space below (attach a separate e of paper if you need more room):

My behavior in class was disruptive to the educational process. My behavior is a choice that I make. I am responsible for all of my actions. When I behave this way, I make it difficult for other students to learn and I make it difficult to learn for myself. School is very important to my success and the success of others. I don't have the right to take a learning opportunity away from anyone else with my disruptive classroom behavior. I understand my success is directly influenced by my effort, attitude and behavior, and I will work hard to do better and show respect for others- as well as myself.

Student Signature: _____

I, (Parent/Guardian Name- **PRINT NAME:** _____), have reviewed and discussed this form with my child. **Parent Signature:** _____

Best contact # _____ **Additional Comments:** _____

-----**BELOW Completed by OMS FACULTY/STAFF**-----
Form returned on _____ **Reviewed w. student on (date)** _____ **@ (time)** _____
By (title) _____ **Signature** _____

Results/Additional Consequences (if applicable):

