

Reflection Paragraph Instructions

The Long-Term Goal

Your blog is the perfect place to share the work that you're doing in your classes here at Heritage Woods. As you add more and more assignments to your blog, it will become a place where you can really show off your skills, talents, and accomplishments. By the time you get to Grade 12 your blog will have lots of assignments that you can share with Universities and show off during your Grad Transitions exit interview.

When to Write a Reflection Paragraph

For each assignment that you post to your blog, you should also include a reflection paragraph. This is **required** for your Science and English assignments, and it is recommended for all other assignments as well.

What is a Reflection Paragraph?

The reflection paragraph should be an explanation of how you have grown or changed as a result of completing this assignment. You should explain how this assignment highlights your ability or improvement based on the **core competencies**. Your paragraph should be four to six sentences long.

What Do I Write About?

Your reflection paragraph is about how you have demonstrated growth in one or more of the core competency areas. It is about self-assessment and self-reflection.

Some sample questions that you could address in your paragraph include:

Overall

- What are your strengths?
- What could you improve?
- How do you feel about what you're learning?

Communication

- How did you improve your ability to share ideas with others and show your learning?
- Did you make use of any new digital media (programs and apps) that you have not used previously?
- What was your experience like with this? Was it difficult? Was it exciting?
- What are the benefits and drawbacks of using this digital media to complete your assignment?

Critical Thinking

- Were you required to make reasoned and ethical judgements in your assignment?
- What have you learned about your ability to think critically, to assess sources of information and arrive at a conclusion?
- Have you improved your ability to detect bias in a source?

Creative Thinking

- Did you come up with a new idea, invention, piece of art, or other creative artifact?
- How did you generate this idea?
- What motivates you to come up with new ideas?

Positive Personal and Cultural Identity

- What did you learn about yourself, your family, your culture or heritage?
- How does this change your view of yourself and the world?

Personal Awareness and Responsibility

- Have you learned new skills to manage stress or persevere in difficult personal situations?
- Did you learn new ways to set goals or organize your life? Explain.
- What are you doing to stay healthy and active?
- Are you respecting your own rights and the rights of others?
- How have you learned to manage stress or regulate your emotions?

Social Responsibility

- Describe how you contributed to the well-being of your family, community, society, or environment
- Did you learn to appreciate someone else's perspective?
- How did you create and maintain healthy relationships?

Feel free to devise your own questions in providing a reflection on your work. Think about obstacles you had to overcome. Think about new skills you developed. Think about whether you have gained a new perspective of, or appreciation for yourself, your community and the natural world around you.