

### LESSON GOAL

Demonstrate understanding of the importance of reflection and practice the basics of writing meaningful reflections of experiences.

### ESSENTIAL QUESTION

What is reflection and why is it important?

### INTEGRATING TECHNOLOGY

#### ANNOUNCEMENT

- Check Announcements for any information about assignments and due dates.

#### MY PORTFOLIO

- Consider submitting your work in this lesson to My Workspace for inclusion in My Portfolio.

#### LESSONS

- Review the lesson
- Complete assignment
- Submit assignments

#### ASSIGNMENTS

- Use Assignments to submit your journal entry and poem.

#### GRADEBOOK

- Check Gradebook for your lesson evaluation.

#### SCHEDULE

- Check schedule for assignments and due dates.

#### COMMUNICATE

- with your teacher or other students if desired
  - Blogger
  - Chat Room
  - Drop box
  - Mailtool

1 class period

### LESSON OVERVIEW

In this lesson you'll learn about how important reflection is to your learning.

There are two assignments in this lesson that require you to have participated in the discussions.

### STUDENT EXPECTATIONS

1. Participate in a discussion about the importance of reflective writing.
2. Complete a reflective journal entry.
3. Create a mnemonic poem to remember the basics of reflective thinking and writing.

### Here are the ways you can succeed in this lesson.

1. Thoughtfully analyze the quote about reflection and offer an explanation of how important reflection is to learning.
2. Demonstrate understanding of how reflection is important to learning by writing a meaningful journal entry.
3. Demonstrate understanding of the important elements of reflection by creating a thoughtful mnemonic.



### ASSIGNMENT 1

In class you should have participated in analyzing quotes about reflection and learning and creating an explanation of the importance of reflection.

Complete the *Writing Reflective Journal Entries* handout. Think about these things.

1. Start by making a list of things you did.
2. Write about one particular event, conversation, or issue that was particularly interesting. It could be something good that happened or something that frustrated you. It could be an insight you had.
3. Explain why that one thing was interesting to you.
4. Think about the tasks you did and reflect on them. Reflect on things such as
  - a. What was good or bad
  - b. What was fun
  - c. What was hard
  - d. What really worked out well
  - e. How you could make things better in the future

Use the *Sakai* Assignments Tool to submit your reflective journal entry.



### ASSIGNMENT 2

In class you should have participated in analyzing quotes about reflection and learning and creating an explanation of the importance of reflection. You also had some practice writing a reflective journal entry.

Now think about the basic elements of reflection. Reflection is not just telling what you did. Reflection is telling how you felt, what your new attitude is, and what you learned.

Think about the word REFLECTION. Write one word or phrase for each letter of the word to remind you to reflect on each experience, not just what you did.

Use the *Sakai* Assignments Tools to submit your assignment.

Multiply the points by the weighted score and record in the total column for each rubric. Then tally the total points for the final score.						
Weighted Score	Category	Exceeding 9-10 Points	Meeting 6-8 Points	Approaching 3-5 Points	Emerging 0-2 Points	Total
5	<b>ASSIGNMENT 1</b> <b>Journal Entry</b> Demonstrate understanding of reflection by writing a reflective journal entry.	Demonstrated understanding of how reflection is important to learning by writing a meaningful journal entry.	Completed the journal entry.	Made minimal effort to complete the journal entry.	Did not complete the journal entry.	
3	<b>ASSIGNMENT 2</b> <b>Mnemonic</b> Create a strategy for the process of reflection.	Demonstrated understanding of the important elements of reflection by creating a thoughtful mnemonic.	Created a mnemonic related to the basics of reflection.	Made minimal effort to complete the mnemonic.	Did not complete the mnemonic or demonstrate understanding.	