

Self Reflection Video

LESSON GOAL

Produce a mid-year reflection video that summarizes experience and helps establish future goals.

ESSENTIAL QUESTION

How can I use video to capture self-reflection of my experiences?

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.

MY WORKSPACE

- Complete your assignments in My Workspace.

LESSONS

- Review the lesson
- Complete assignments.
- Submit assignments

ASSIGNMENTS

- Use Assignments to submit your artifacts and reflections.

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

2-3 class periods

LESSON OVERVIEW

A key difference between humans and other creatures is our ability to reflect and to learn from our reflections. How do you know what you have accomplished at your internship site? When should you reflect on your internship and other goals? How do you monitor your progress toward your goals? This lesson will help you reflect at a significant mid-way point in the year to gauge what you have accomplished and what you would like to do by the end of the internship experience. The video recording of the reflection will help you see and hear your self-assessment and allow your advisor to easily assess it.

You will revisit this reflection at the end of the year to self-assess how you have progressed.

STUDENT EXPECTATIONS

1. Organize responses to the reflection questions on note cards.
2. Prepare a mid-year reflection according to guidelines outlined on the rubric.
3. Practice the presentation with a peer, using and providing constructive feedback.
4. Video record the mid-year reflection.
5. Upload the video for sharing and evaluation.

There are three assignments in this lesson that require you to have participated in planning for your video self-reflection, rehearsing, and providing feedback.

The first assignment is to write a draft script of your video reflection. The second is to produce a video self-reflection using the established questions and guidelines. The third assignment is to write a reflection on the video self-reflection process.

Self Reflection Video

Here are the ways you can succeed in this lesson.

1. Organize your notes from previous reflections neatly in a logical sequence and thoughtfully answer all *Mid-Year Reflection Questions*.
2. Follow all guidelines in presenting a thoughtful midyear self-reflection video.
3. Provide detailed constructive peer criticism and use peer feedback to refine presentation.
4. Produce an interesting self-reflection video that answers all questions and thoroughly meets all guidelines.
5. Be completely prepared and rehearsed.
6. Thoroughly and accurately answer all questions posed.
7. Wear appropriate attire.
8. Always (99-100% of time) speak in complete sentences.
9. Stand up straight, look relaxed and confident, and use eye contact.
10. Meet the time limit.
11. Maintain volume loud enough to be heard by the camera throughout the presentation.
12. Write an insightful reflection on the self-reflection video demonstrating recognition of strengths and consider how it can be improved.

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ASSIGNMENT 1

In class you should have

- reviewed your notes from previous reflections
- answered all *Mid-Year Reflection Questions*

Write the draft of a script for your video reflection. Use your notes and answers to the reflection questions to create the script. Use the *Sakai* Assignments Tool to submit your draft for evaluation.



ASSIGNMENT 2

In class you should have

- reviewed your notes from previous reflections
- answered all *Mid-Year Reflection Questions*
- written a draft script for your self-reflection video
- rehearsed your self-reflection video
- provided feedback and responded to feedback

Now it's time to produce your self-reflection video. In preparing for the production, refer to the *Self-Reflection Video Rubric* and consider the following issues.

1. Background—Do you want to adjust the background environment for your video?
2. Effects—Are there any effects you want to use to emphasize your points?
3. Music—Is there music you want to use to highlight your message?
4. Volume and Tone—How will you assure that your volume and tone are appropriate so that people can clearly hear your message in the way you intend?
5. Dress—What do you plan to wear to the video shoot?
6. Posture—How will you stand or sit to convey your message?
7. Eye Contact—How can you use eye contact with the camera to your advantage?
8. Time Limit—How will you make sure your video is within the time limit?

After your shoot, review the video and then upload the file to the *Sakai My Workspace* and use the *Sakai* Assignments Tool to submit it for evaluation.

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ASSIGNMENT 3

In class you should have

- reviewed your notes from previous reflections
- answered all *Mid-Year Reflection Questions*
- written a draft script for your self-reflection video
- rehearsed your self-reflection video
- provided feedback and responded to feedback
- produced a self-reflection video that addressed all questions and met all guidelines

Think about these experiences as you reflect in writing on the following questions. Use the *Sakai* Assignments Tool to submit your reflection for evaluation.

- How did your video show how you have grown this year?
- Did your video explain what you have learned and how meaningful it is to you?
- How did your video outline your goals for the remainder of the year?
- What are you proud of?
- What do you wish you had done differently?

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
1	ASSIGNMENT 1 Video Reflection Draft Write a draft of the video reflection.	Organized notes from previous reflections neatly in a logical sequence and thoughtfully answered all <i>Mid-Year Reflection Questions</i> .	Organized notes in sequence and answered most questions.	Organized some notes, attempted a logical sequence, and answered some questions.	Did not attempt the assignment or made minimal progress.	
1	ASSIGNMENT 2 Video Reflection Complete the video reflection.	Produced an interesting self-reflection video that answered all questions and thoroughly met all guidelines.	Completed a self reflection video that answered questions and met most guidelines.	Produced a reflection video that answered some questions and attempted to meet guidelines.	Did not complete a video reflection.	
1	ASSIGNMENT 3 Video Reflection Complete the video reflection.	Wrote an insightful reflection on the self-reflection video, demonstrating recognition of strengths and how it can be improved.	Completed a reflection on the self-reflection video process.	Wrote part of a reflection on the self-reflection video process.	Did not write a reflection on the self-reflection video.	