

Name: _____ Date: _____

DIRECTIONS For this reflection, please address the questions below. When answering these questions, think about adults who will be reading it – teachers, parents, and advisors. Do not repeat any of the questions in your answer; instead write about yourself by thinking about who you are and where you are heading.

This assignment will be posted on the My Workspace page of **Sakai**.
250 Words maximum (approximately one page, double-spaced)

Reflection Questions

1. Who are you?
2. How did you get this way and who helped you along the way?
3. What are your goals for this year at school?
4. What are your strengths that are likely to make you successful?
5. What do you want to work on to improve yourself?

Video prompt question

For this final question, you need to write a three point outline to answer question 6. Your response will be videotaped at a later date. You will post your video on your secure My Workspace page on **Sakai** page where only you, your advisor, and teachers will be able to see it (no friends or outside person will be able to see it). You will do this assignment at the beginning and end of the year and compare answers.

6. How is your life in school related to your life outside of school? _____

You will be videotaped by a staff member so look your best and sound your best on your date. Be prepared to answer this question (#6) in no more than one minute and thirty seconds. Your video session will take 10 minutes.

Your video session is from _____ to _____ on _____.