

# Final Reflection Questions

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**DIRECTIONS** On this document, answer the questions below by examining your journal entries throughout the year. For each question, record the relevant entry, and answer the question appropriately. Good luck!

**For example**

**Question** When were you frustrated during the year? What did you do to rectify the situation?

**Entry** “My mentor really made me upset today. I was running a few minutes late and they were rude to me when I walked in. I know I shouldn’t have been late, but I’m mad now because she said that to me.”

**Answer** I wrote this during a really bad day. I had had a bad night at home (the baby was crying all night because he’s sick, and my dad yelled at my bad grade in math) so I overslept. When I finally got arrived at my site, my mentor interrupted me when I was trying to explain. I’m still a little upset at her rudeness, but I realize now that when I was late that that slowed down the work that had to get done that morning. Since that point, I was only late one other time!

**Question 1** What was your best day this year? What went on that day? Why was that your best day?

If you could relive one moment from that day, what would it be and why?

**Entry** \_\_\_\_\_

**Answer** \_\_\_\_\_

**Question 2** When were you frustrated during the year? What did you do to rectify the situation?

**Entry** \_\_\_\_\_

**Answer** \_\_\_\_\_

**Question 3** Describe one skill that you learned this year that you did not know before. Do you think that you will use this skill in the future? If so, how? If not, why not?

**Entry** \_\_\_\_\_

**Answer** \_\_\_\_\_

**Question 4** Looking throughout the year, what would you say is the biggest change you see in yourself? In other words, how are you different as a result of your experience this year?

**Entry** \_\_\_\_\_

**Answer** \_\_\_\_\_