

COMMUNICATE: REFLECTION BOOKMARK

Cut out the bookmark. Lay it in your journal to see the prompts as you respond to these reflection questions throughout the unit. Record the date above each entry. You may use the “Reflection Sentence Stems” to support your responses.

Start of Class	End of Class
GOALS AND MOTIVATION	FEEDBACK, SELF-ASSESSMENT, AND SELF-LOVE
<i>Collective Goal</i> What are we all working toward?	What feedback did you receive? What did you observe about your work? How much do you agree with the following statement? <i>I made progress toward these goals today.</i> Explain your choice. Celebrate your successes in staying motivated.
<i>Individual Goal</i> Consider feedback from others. What motivates you to work toward these goals?	
STRUGGLES, STRENGTHS, AND STRATEGIES	
What resistance do you anticipate? What strengths can you leverage? What strategies can you try?	What resistance did you encounter? How did you feel? What strengths did you leverage? What strategies did you try? What strategies could you try next time?