

COMMUNICATE: REFLECTION LOG

This tool supports you as you develop the social awareness and relationship skills that will help you incorporate feedback and persevere through communication so you are communicating authentically and adaptively.

- Log an entry each time you get stuck, feel your movement slowing or stopping, or don't meet your goals. Your teacher may offer observations about times when this has happened.
- When logging resistance level, 1 = no resistance (there was nothing in the way of me reaching my goals) and 5 = complete resistance (reaching my goals felt impossible).
- When logging self-assessment, SD = strongly disagree; D = disagree; N = neither agree nor disagree; A = agree; SA = strongly agree.
- If you don't feel ready to log an entry in the moment you are feeling stuck, slow, or stopped, log it later. It is good practice to return to a hard time once it has passed and reflect on what happened. This process is meant to support your growth while also reminding you to celebrate yourself.
- As you complete this log, use and revise your strategy bank to ensure it accurately reflects your current struggles and the strategies that allow you to leverage your strengths and move through those struggles.

Communicate (v.)—to share knowledge, thoughts, and feelings; to make what is personal commonly known

Name: _____

Date	Collective Goal	Individual Goal	Resistance Level (1–5)	Experimented With Strategies and What They Were	Self-Assessment (Explain your assessment.)
2/14	To build on others' points	To talk loudly and confidently	3	Yes; I asked Amara to signal to me if I had to talk louder.	A: Amara said that she could hear me, and I wasn't going up at the end of my sentences like I do when I'm unsure.