

# Student Self-Reflection

Use this form once a student has calmed down from a behavioral incident. The student can fill out the form alone or with the teacher.

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

This self-reflection sheet is a way to help you learn from your mistakes in order to be more successful.

1. Who is responsible for your behavior? \_\_\_\_\_

2. What did you do?

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3. Did you have a better choice? Describe it.

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4. Is this behavior helping you? \_\_\_\_\_ Is it helping anyone? \_\_\_\_\_

5. What can you do to correct this situation?

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6. What can you do about your behavior to keep this from happening again when you are in a similar situation? How can teachers support you with this?

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