

Personal Reflection Notes Template

Thank you for attending today's discussion to help us plan how our school can best support students regarding _____ so they can positively cope with school and in life. We need your thoughts and experiences to help us develop new resources in our school for students, including you and your friends.

We want your voices to guide this process!

Personal Reflection

Within the last year and related to _____, I have experienced the following. (Please check all that apply.)

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> Verbal outbursts | <input type="checkbox"/> Suspension | <input type="checkbox"/> Harm to self | <input type="checkbox"/> Increased anxiety |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Fights | <input type="checkbox"/> Harm to others | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Tingling | <input type="checkbox"/> Probation | <input type="checkbox"/> Insomnia | <input type="checkbox"/> Self-isolation |
| <input type="checkbox"/> Heated family altercations | <input type="checkbox"/> Blaming of others | <input type="checkbox"/> Loss of friends | <input type="checkbox"/> Eating or digestion problems |

With these selections in mind, please answer the following questions about the barrier _____.

- I've been known to express _____ negatively. (Please circle one.)
 Strongly disagree Disagree Not sure Agree Strongly agree
- _____ has affected my day-to-day life in a negative way. (Please circle one.)
 Strongly disagree Disagree Not sure Agree Strongly agree
- How likely is it that I would attend individual or small-group sessions focused on _____? (Please circle one.)
 Never Not likely Undecided Likely Always
- How likely is it that I would recommend or invite a friend to individual or small-group sessions focused on _____? (Please circle one.)
 Never Not likely Undecided Likely Always
- What impact has _____ had on me, my friends, my family, and my schooling?

Getting to Know You

6. What change would I like to see for myself?

7. Something else you might want to know about me is . . .

8. What do I care about, or what is important to me?

9. What gives me hope?

10. What helps me come back from something difficult?

11. If you really knew me, you would know . . .

Questions to Increase the Knowledge and Understanding of Others

12. What one thing would you want others to know about students who are dealing with _____ in their lives? What works for you?

13. Do you have successful strategies for coping with _____?
If so, what are they?

14. When _____ peaks at school, others might see . . . (List examples of personal behaviors, such as fidgeting, crying, or shutting down.)

15. How could the school or school staff assist you in positively addressing or handling _____ when it arises?

16. What school situations, experiences, or times escalate or trigger _____ in a manner that negatively impacts your life?

17. What would you want teachers or school staff to understand about a teen's struggle with _____?

Questions to Develop Programs

18. What could we do or provide to make school a safe place for you to talk about or seek help related to _____?

19. Do you think it is important that we have an informational or support group for students struggling with _____ who want to learn strategies to positively cope with it? Why or why not?

20. If we started a student informational or support group on _____, what would keep you coming back?

21. If we started a student informational or support group on _____, what could get in the way and keep it from being successful?

22. What types of information, activities, events, staffing, support, and programming related to _____ do you think would benefit students?

23. How do you think we should go about inviting others to this group or getting the word out that we are going to have a group like this for our students?

24. What group name do you suggest for an informational or support group for students struggling with _____?

25. When you think about this struggle with _____, what gives you hope?

26. If you could meet with a young adult who struggled with _____ as a teen but is now doing well, what would you ask him or her?

27. Please share anything else you would like to tell us.

Name (optional): _____

Preferred method of contact: _____