

A Portfolio of Reflections

Reflection Sheets for Curriculum Areas

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Reflections

Cognitive Thinking Strategy: Reflection

The ability to reflect on your own perceptions or performance is an important skill that is not always regularly reinforced in school. Creating a portfolio encourages students to look at their work, reflect on their achievements and identify areas where they can improve. Reflection is a major component of competent thinking because it reflects metacognition. It is important to give students the opportunity to practice these skills. This section includes activity sheets that can be used to encourage students' reflections.

At the beginning of the year, have students complete the "Fall" column on the **Favorites Reflection** activity sheet (page 68). Fold the activity sheets in half and file them away. Bring them out again during the last week of school and have students complete the "Spring" column. Compare the two columns and discuss how they have changed during the year.

Have students complete the **Time Capsule** activity sheet (page 72) and encourage them to save it for a future milestone, like high school or college graduation. They could also attach a current magazine or newspaper clipping to the time capsule from the date the activity was completed.

Reflections activity sheets for curriculum areas, as well as a blank set to use for other subjects, are included. Use these at various points throughout the year to have students reflect on their evolving curricular knowledge.



Favorites Reflection

| | Fall | Spring |
|------------------------------|------|--------|
| Date | | |
| Height/Weight | | |
| Friends | | |
| Person I admire most | | |
| I want to learn more about | | |
| Career I'd like | | |
| Three words that describe me | | |
| FAVORITE: | | |
| Food | | |
| TV Show | | |
| Female Movie Star | | |
| Male Movie Star | | |
| School subject | | |
| Activity to do alone | | |
| Activity to do with others | | |
| Book | | |
| Place | | |
| Movie | | |
| Sport | | |
| Thing about me | | |

Portfolio Reflection

Look at the work you have collected in your portfolio.
Think about the purpose of each activity and what you learned from it.
Answer the following questions:

1. List words that come to mind as you look through the activities in your portfolio.

2. Which activity are you *most* proud of?

3. What did you learn from completing this activity?

4. How did you feel when you completed this activity?



My Plans and Goals for

What did I do well this quarter/trimester/semester? (Include specific projects, assignments and activities.)

1. _____
2. _____
3. _____

What strategies did I use to be successful?

1. _____
2. _____
3. _____

Where do I need to improve?

1. _____
2. _____

What methods and strategies can I use to improve in these areas?

1. _____
2. _____
3. _____

Student Signature _____

Parent Signature _____

Teacher Signature _____

