

Table 4-1: Prompts for Student Reflection

| Prompts | The following prompts may help you to brainstorm: |
|--------------------------------|--|
| What am I good at? | <ul style="list-style-type: none"> ● Which subject is my favorite and why? ● What is the best way to get my attention? ● What technology and tools do I like to use? |
| What am I interested in? | <ul style="list-style-type: none"> ● When do I like to work alone? ● When do I like to work with others? ● How do I like to read best? Read books, read ebooks, listen to books? ● If given a choice, what helps me to learn? Reading? Working with the teacher? Watching videos? ● If given a choice, how do I like to share what I have learned? Writing? Making a video? Recording my voice? Making a model? Using technology? |
| What is challenging for me? | <ul style="list-style-type: none"> ● Which activities are hard for me? ● Are there certain parts of the day that are harder for me than others? ● Are there subjects that are harder for me? ● What causes me stress during the school day? |
| What helps me do my best work? | <ul style="list-style-type: none"> ● What tools help me to learn? ● What environments allow me to do my best work? ● What type of teacher helps me be successful? ● What is an example of something I learned this year that made me proud? I will describe how I learned it. |

Table 4-2: Boden's Rubric for Student Reflection

| | |
|--------------------------|---|
| <p>Emerging</p> | <p>I can identify my learning preferences and explain how they relate to my personal strengths and interests</p> <ul style="list-style-type: none"> ● What am I good at? ● What am I interested in? |
| <p>Developing</p> | <p>I can describe my strengths, my interests, and what is challenging for me Use these prompts:</p> <ul style="list-style-type: none"> ● What am I good at? ● What am I interested in? ● What is challenging for me? |
| <p>Applying</p> | <p>I can describe my strengths, interests, and what challenges me, and I can also describe strategies that allow me to do my best work</p> <ul style="list-style-type: none"> ● What am I good at? ● What am I interested in? ● What is challenging for me? ● What helps me do my best work? |
| <p>Extending</p> | <p>I can discuss specific examples from my past and present work to show how I used my strengths to make some progress and learn when things were challenging</p> <ul style="list-style-type: none"> ● What am I good at? ● What am I interested in? ● What is challenging for me? ● What helps me do my best work? ● What would I do differently next time? |