

Reflections Format

1. Reflections will be typed in Times New Roman, 12 point font, and double-spaced. Include your name, reflection number, and date for each.
2. Make sure you fully answer each question, using complete sentences.
3. Each final entry should be one full page in paragraph form.
4. Use the reflective comments (sample reflection phrases listed below) throughout each entry.

Suggested reflection phrases to incorporate into your writing:

- * *After observation. . .*
- * *This is significant because. . .*
- * *This activity prompted me to. . .*
- * *These events indicate. . .*
- * *This could be more effective if. . .*
- * *This helped me recognize that. . .*
- * *I have greater awareness. . .*
- * *The evidence of this was. . .*
- * *The impact of this activity.*

Reflections Content

Reflection #1

How was the information learned in the research used in completion of the product?

What was the most useful source in writing the research paper? Why?

What was the most difficult phase of the research process? Why?

What was the easiest phase of the research process? Why?

What would you do differently if you were just beginning to research this topic?

What advice would you give to a rising senior about the research phase of the Graduation Project?

Reflection #2

What were some specific successes?

Were any goals not met? Why did this occur?

How, specifically, could I have achieved a greater number of successes?

How would you evaluate your public speaking skills?

What public speaking skills do you need to improve prior to Oral Boards?

How do you feel as you enter the final weeks of your Graduation Project experience?