

10th Grade Reflection

NAME:			
Academic Belief	<p><i>How much you believe the following?</i></p> <ol style="list-style-type: none"> I believe I can do well in my classes. I believe I can succeed in college or another specific career path. <p style="text-align: center;"> 1 2 3 4 5 6 7 8 9 10 </p> <p style="text-align: center;">Don't believe Strongly Believe</p>	5 or below	6 or above
Self-Regulation	<p><i>How often do you do the following – never, rarely, often, always?</i></p> <ol style="list-style-type: none"> I take notes in class during lectures. I take notes when reading books for school. I use a planner or calendar to organize my time. I check over my assignments to make sure I did my best. 	Any "Rarely" or "Never"	All "Often" and "Always"
Effort and Persistence (Growth Mindset)	<p><i>How often do you do the following – never, rarely, often, always?</i></p> <ol style="list-style-type: none"> I put forth my best effort in my classes. I seek help with my schoolwork when needed. If my schoolwork is difficult, I keep trying. 	Any "Rarely" or "Never"	All "Often" and "Always"

What were your goals for this year?

SMART Goals:

S – specific (What is something specific I want to be able to do or to change?)

M – measurable (How will I know when I've reached my goal?)

A – achievable (Is this a realistic goal that I can reach?)

R – relevant (Does this goal matter to me? Is it important?)

T – timely (When will I accomplish this?)

	Goal 1:	Goal 2:	Goal 3:
What are two things I will start doing, do differently or keep doing for next year?			
If I reached my goal, what did I do that helped me achieve my goal? If I did not, what do I need to change?			

Overall Reflection and Sense of Social Belonging:

- 1. What has been the most rewarding part of your school year?**
- 2. What is one piece of advice you would give to students a year younger than you?**
- 3. How would you describe the depth of your friendships and connections at school?**
- 4. What is one thing you could work on to develop stronger friendships and connections with others?**