

Student Self Reflection

One of the most powerful gifts we can give our learners is the ability to reflect on their learning and the process. Students need to reflect on the actions they did or did not take along the way that either resulted in their success or underperformance. Consistently completing self reflection questionnaires or surveys will empower students to self advocate. It can also aid in developing a growth mindset that will lead to their achievement both now and in the long term.

Below you will find a bank of questions that you can use to construct your own self reflection forms. You can use these examples to individualize a format that works best for the learners in your class. Questions progress in maturity to progressively meet the needs of older students.

I found this test/assignment to be:

Easy

Just Right

A little hard

Too Hard

I tried my best on this test/assignment: Yes No

The class work I did on this skill before the test was:

Easy

Just Right

A little hard

Too Hard

I practiced this skill at home: Yes No

I completed my assignments in class: Yes No

I asked for help when I needed it: Yes No

I know who I can go to for help: Yes No

What is one thing that I did that helped me on the test?

What is one thing I can do next time to help me with my test?

Rating (Can occur throughout the unit and after so students can see if they are accurately identifying their understanding.)

If I had to rate myself on this skill I would say I am

Still Learning

Starting to get it

I know it very well

I could teach someone

- I listen to the teacher when she is teaching:
 - It is hard for me to pay attention. I don't listen often.
 - I listen some of the time.
 - I listen most of the time.
 - I listen almost all of the time.

- What is something my teacher did that was helpful?
 - Gave us lots of time to practice.
 - Let us work in groups to practice.
 - Had hands-on activities for us to help learn this skill.
 - Used visuals (pictures/movies) to help us learn this skill.
 - Other:

- I think the interest in this topic/skill affected my grade:
 - I was interested so it made it easier to engage and content and do well on the assessment.
 - I was interested, but still struggled with the assessment.
 - I was not interested so it was hard to pay attention, which impacted my grade.
 - I was not interested, but I still did well on the assessment.

- I did Better -or- Worse on this test than I expected.

- The grade or score on this assessment was *Expected* -or- *Surprised* me.
(Why?)

- What was difficult about this assessment and why?

- What did you find easy about this assessment and why?

- How did you prepare for this assessment?

- Do you think what you did to prepare helped?

- What may you do differently next time to prepare for an assessment?

- Did you study the night before -or- throughout the unit?

- Do you feel the learning environment (classroom routines, overall class behavior, physical learning space, etc) impacted your grade? If so explain what may have hindered your learning.

- Did you complete your classwork throughout this unit?
 - None of it
 - Some of it
 - Most of it
 - All of it

- Did you find this content/skill difficult as you were learning it?

- Did you ask for help when needed? If so, who did you ask and why?

- Before I took this assessment I considered my understanding to be:
 - Beginner: Still trying to learn content. I do not yet understand.
 - Novice: I was starting to understand the skill, but needed help.
 - Proficient: I understood this skill and demonstrated it with few errors.
 - Exceeding: I could teach this skill to another student.

- What do you notice about the questions that you missed? (For example: were they all simple mistakes, were they all under the same skill/standard, were they all the application problems, etc)

- How do you rate yourself now after the assessment?
 - Beginner: Still trying to learn content. I do not yet understand.
 - Novice: I was starting to understand the skill, but needed help.
 - Proficient: I understood this skill and demonstrated it with few errors.
 - Exceeding: I could teach this skill to another student.

- Pick a question that you got wrong that you know how to do and correct in a different color pen.

- What is something that you can do to improve your score/grade next time?
 - Complete homework.
 - Listen better in class.
 - Take notes.
 - Study more often before the test.
 - Ask for help on things I do not understand.

- What advice would you give another student who is about to take this test?

- If you took this test again how would you prepare differently?

- How much effort did you put into this test?
 - I tried really hard, but just didn't understand.
 - I didn't understand so I kind of gave up.
 - I didn't think this test was important so I did not try.
 - I didn't understand, but I tried really hard to prepare and it paid off.
 - I understood the content and tried hard throughout the unit.
 - This was easy for me so I didn't need to try hard.

- What is something the teacher could have done to better help you understand the content?

- Based on your results, what part of the instruction do you feel helped you learn the content most?
 - Visuals (movies, pictures, diagrams, mnemonic devices, etc)
 - Auditory Supports (Teacher instruction, read aloud, songs, etc)

- Hands On Activities (labs, individual/group projects, physical exploration, etc).
- Repetition (constant practice of a skill).

- What testing strategies did you use or try? (Check all that apply)
 - Academic preparation before the day of the test: (studying, completing work throughout unit, seeking needed help, etc)
 - Physical preparation before the test: (getting a good night sleep, eating breakfast, etc)
 - Momentum building: Complete what I know first.
 - Breathing/Minfulness strategies prior to starting the test.
 - Positive Self Talk throughout the test.
 - Rereading directions before answering questions.
 - Double checking my work when I finished.
 - Other:

Feel free to reach out to awakeandaccelerate@gmail.com to add your favorite reflection questions to this list.