**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Homeroom**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Why Self-Reflection Is So Important***

**Directions:** Read this excerpt from an articl*e[[1]](#footnote-1)* by Dr. Jon Vogels, and then answer the questions that follow.

A picture containing outdoor, jumping, air, riding

Description automatically generated“Research shows that reflection time is valuable to everyone and helps them develop greater self-awareness[[2]](#footnote-2), appreciate how we do things as well as how they turn out, and deepening one’s learning from a situation.

Applied to students in a fast-paced educational environment that means providing some time for students to slow down and think about what they are doing and, more importantly, what they are learning from what has already happened.

Self-reflection heightens your awareness of what you do that makes you successful, and it points out areas of yourself that could devote more time and attention to.”

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| **Stop and Jot:** In your own words, describe “self-reflection”.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

“When students reflect on past interactions with others, they reimagine what happened to them and to the other people involved—as they were seen, and as they saw through their own eyes. That sense of perspective is important in building independence and the ability to self-direct.

Students can also write about what might be done on the next similar situation and apply that toward even better results.”

***Why Self-Reflection Is So Important* (Continued)**

“Self-reflection can become a give-and-take. It’s a sort of dialogue back and forth with the shared goal of becoming a better person. Open-ended reflection questions generally elicit[[3]](#footnote-3) the best responses from students. What made you curious today? When were you at your best today, and why? When were you at your worst today, and why? What is one thing you wish you did better today?

Self-reflection takes time and consistency, but it can lead to students becoming better each day.”

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| **Stop and Jot:** Name at least two benefits of self-reflection.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Reflection Questions for *Why Self-Reflection Is So Important***

**Directions:** In your neatest handwriting and in complete sentences, answer the following questions.

1. Who is the intended audience for this article: teachers or students? Why do you think we are having you read this article?

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1. Paraphrase the meaning of this sentence from the article in your own words: “When students reflect on past interactions with others, they reimagine what happened to them and to the other people involved—as they were seen, and as they saw through their own eyes.”

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1. Explain how self-reflection can help students build independence. Why is this important?

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**Stamp your Learning for *Why Self-Reflection Is So Important***

**Directions:** Answer the following questions in complete sentences.

1. What is something you accomplished recently that you are proud of? Name two things that contributed to this success that you want to keep doing

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1. What is something you did this week that you want to improve at? What are two specific actions you can commit to show improvement?

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1. “Why is Self-Reflection a Good Thing for Students to Do?” by Dr. Jon Vogels accessed 12/13/19 at <https://news.coloradoacademy.org/self-reflection-good-thing-students/> [↑](#footnote-ref-1)
2. **self-awareness**: knowledge of your own personality or character [↑](#footnote-ref-2)
3. **elicit**: to get a response from someone [↑](#footnote-ref-3)