

## How to Write a Unit Self-Reflection

You will be expected to write a reflective essay at the end of each unit that shows your in-depth understanding about the work you are doing. Be honest and open in sharing your thoughts and opinions.

**Step 1:** Count the number of assignments we have completed for this unit and record it at the top left hand corner of your reflection. Write your name and period at the top of the paper.

**Step 2:** Choose four pages from this unit that best supported the *State Performance Indicators (SPIs)* and your overall understanding of the unit. List these assignments below the assignment count.

*Example*

23 assignments

Page 13- Cell flowchart

Page \_\_ - ..... and so on...

**Step 3:** You will now begin writing three paragraphs about these assignments.

Paragraph 1: Write **specific reasons** for why you chose the four assignments that you listed.

Paragraph 2: **Explain why** these pages best support the SPI's and learning objective for this unit. Give specific examples.

Paragraph 3: What do these assignments reflect about **your skills as a student**? For example, you may write that they show that I am organized, I am good at analyzing, I was very thorough, creative, my information was very accurate, I made connections from one assignment to another, and so on. Make sure that you **cite specific examples** from the pages you listed.

**Step 4:** This will be Paragraph 4. In this paragraph you will **rate your own notebook**. Use the grading rubric to rate your work as a 10, 9, 8, 7, 6 or 5. How do you think your notebook measures up and why? Use specifics from the rubric and relate it directly to the pages you listed. State examples.

**Step 5:** This will be Paragraph 5. This is the last paragraph of your reflection. Answer the following questions:

- What information did you learn that was new to you? Give specific examples.
- How did your notebook help you in this unit? Again, be specific.
- How could you improve your notebook? Please explain.

Type your final draft. This reflection will be entered into your Interactive Notebook (INB) on a page at the end of each unit.