

# reflection

**Objective:** Why do we ask you to reflect back on your Sophomore year? Self-reflection helps to understand the impact Sophomore year had on you and use it to participate more fully in the process of self-awareness and change. Thus, through self-reflection, you can learn and grow with each year.

## How to get it done:

1. Reflect back on your entire year.
2. Make meaningful explanations.
3. Ask a guidance counselor or advisor for suggestions.
4. Review at the beginning of your Junior year.

Student Information	
Student Name: _____	Sophomore Advisor: _____
Career Choices I am considering: 1st Choice: _____ 2nd Choice: _____ 3rd Choice: _____	<b>Post-High School Educational Plan (Grade 13): I you plan to attend...</b> <input type="checkbox"/> Trade/Technical School <input type="checkbox"/> Apprenticeship <input type="checkbox"/> Military <input type="checkbox"/> Workforce <input type="checkbox"/> Community College <input type="checkbox"/> University
My strengths, abilities, and interests are:	<b>FINANCIAL AID: Things I will do to prepare myself to be a good candidate for scholarships/financial aid.</b> <i>Examples: Good grades, community service, World Class Scholar, clubs, CTE classes, sports etc.</i>

Student Evaluation of Sophomore Year (circle one for each comment)					
1. I took classes my Sophomore year that helped me to prepare for my career.	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Explain: _____					
2. I participated in activities both in and out of school to help me achieve my career goals and post-secondary educational plan.	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Explain: _____					
3. My grades and attendance rates were above average.	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
If you answered anything but "Strongly Agree" list some ways you can improve your grades and attendance rates.					
Current GPA: _____ Cumulative GPA: _____ Attendance: Number of days absent: _____					
5. I accomplished my goal I set at the beginning of the year.	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Explain: _____					
6. In general, rate your Sophomore year experience.	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Explain: _____					

Student's Signature: \_\_\_\_\_  
 Date: \_\_\_\_\_