

*“Reflection is one of the most underused yet powerful tools for success.”*

-Richard Carlson

## Mid-Year Academic Reflection and Connection Days

**We want to hear from you.**

How are you doing with Remote Learning?

What is working for you in regards to your academic classes? What isn't working?

If you had to rate your level of effort on a scale of 1-10, what would it be?

What can we do to help you?

On February 5<sup>th</sup>, we want you to give us your best effort to answer these questions. Your answers will help us to help you. We want to assist you through these difficult times and your input will help guide us to our destination.

**What will this day look like for me?**

**7:50am-11am**

- **All students** must answer the two reflection questions below in paragraph form using detail and correct grammar. Be sure to answer all parts of each question and spend some time considering your answers, they are not mean to be answered quickly. Next, visit **each** of your Academic Google Classrooms to find the reflection assignment. Copy and paste your answers to following questions into the assignment (so all of your teachers can read your answers), and then **answer any other reflection questions they have posed for you**. Be sure to “turn in” your assignment in each class because it is a grade, and it is how attendance will be recorded for the day.
- **If you are a student in danger of not passing a class**, your teachers will tell you/email you your appointment time(s) to meet with them. At your appointment time, click on the Meet/Zoom link in their Google Classroom stream to connect with them and discuss how to turn things around. Before and after your meetings, follow the directions above and complete your reflections.

**11:30am – 2:20 pm**

- Be sure your reflections are done well, and you've completed the reflection assignment in ALL of your academic classes (if you haven't – finish them!)
- If you have any make-up work or extra credit to complete, work hard to do this and raise your grades
- If you have finished your reflections and you have no make-up work, enjoy your day! Move away from screens, get into nature, and reinvigorate yourself!

### **REQUIRED Reflection Questions:**

Take a minute to really consider how you are doing this school year. Is there anything you'd like to share with your teachers to help to get to know or understand you, how you learn, or what your life is like during this pandemic? How are you really doing?

When thinking about the end of the pandemic and making it back to “normal,” what would you like to leave behind, and what would you like to bring forward to your “new normal?” Think about the life you lead prior to March of 2020. Would you like to go back to that life exactly, or have you learned things through this experience that will shape how you move forward into your future? What are you learning about yourself or the world during this experience that has impacted you?

### Checklist for your Reflection and Connection Day:

- Read and think about the 2 required Reflection Questions
- Write your THOUGHTFUL answers to each question with correct spelling, paragraphing, and grammar
- Copy and Paste your reflection answers into your Math Assignment and answer any additional questions your teacher has asked
- Copy and Paste your reflection answers into your English Assignment and answer any additional questions your teacher has asked
- Copy and Paste your reflection answers into your Science Assignment and answer any additional questions your teacher has asked
- Copy and Paste your reflection answers into your History Assignment and answer any additional questions your teacher has asked
- Copy and Paste your reflection answers into your PE/Health Assignment and answer any additional questions your teacher has asked
- Get outside or away from screens!

### Additional Steps for students in danger of failing the trimester:

- Attend all meetings you were invited to with your teachers (find the links in their Google Classroom Stream and make sure you are on time!)
- Use the schedule below to organize your meetings
- Finish and turn in your reflections
- Complete and turn in any allowed make-up/missing work
- If you have time, get outside or away from screens!

Appointment Time	Teacher	Notes on how to improve in the class