

## Weekly Reflection Overview

*Each week, students will reflect on their engagement in the week's activities, their assignment completion, and their learning (including highlights and places to improve). In addition, students will provide examples of meeting (or plans to meet) specific program learning goals. These reflections will be submitted on-line by Thursday midnight.*

This weekly assignment connects to the following Program Learning Goals:

- **Improve habits for achieving success in future work especially in math and science.** [Overarching Program Goal #2]
- **Articulate and assume responsibility for your own work.** [Evergreen Expectation #1]
- As a culmination of your education, **demonstrate** depth, breadth and synthesis of learning and **the ability to reflect on the personal and social significance of that learning.** [Evergreen Expectation #6]

Each student posts her/his weekly reflection using the on-line form available at the program web-site and linked to the calendar page for that week. Responses are due by 11:59 pm Thursday. You will need to have a copy of your responses to track your progress and for revision.

- Type your responses into your favorite word processing program or text editor and save them.
- Copy and paste your responses into the on-line form.
- Avoid using fancy formatting.

**Program Activities** normally include Monday Lecture, Monday Physics Lab, Problem Session, Math Lab, Seminar, Wednesday Physics Lab, Thursday Lecture, and the Wrap.

- a) **Account:** You will account for your presence, preparation, and participation in each program activity. In practice, you will only need to account for any session in which you were *not* fully present, prepared or participating. If you were fully present, prepared, and participated in all the program activities for the week, you may simply enter "FP3" (for "Fully Present, Prepared, and Participated").

<u>Present:</u>	<u>Prepared:</u>	<u>Participated:</u>

- b) **Action Plan:** For any session in which you were not FP3, describe concrete steps you will take to improve. If you were FP3 for all sessions, describe a concrete step you could take in one session that would push you beyond meeting the basic requirements.

Steps to Improve:	Beyond the Basics:

**Assignments** normally include Skills Drills, Problem Sets, Reading Assignments, any remaining work from Lab (when appropriate), the Resource Review and Posting assignment (once per quarter), and in a complicated recursion, the Weekly Reflection itself. As with the Program Activities section, you will **Account** for your assignment completion (in practice, only needing to account for assignments that were not completed on time) and describe an **Action Plan**.

**Successes.** You will briefly describe some program content that you learned or a process skill that you improved.

**Struggles.** You will briefly describe program content or process skills that you are struggling with.

**Progress towards Program Learning Goals.**

- Each week, 2 of the Additional Program Learning Goals will be selected and announced in the Wrap. You will briefly describe your progress towards meeting those learning goals, using concrete examples for which you can provide evidence. If you haven't made progress towards a particular learning goal yet, describe instead a concrete plan for making progress towards meeting that goal.
- Time will set aside during the Wrap for you to brainstorm, share with neighbors, and ask clarifying questions about the Learning Goals selected for that week.
- In weeks 3, 6, and 9, you will instead pick 2 of the responses you have previously written for this prompt, revising and updating them. You will submit your revised responses as part of your Weekly Reflection.

**Feedback for Faculty.** Here, you will have an opportunity to provide feedback to the faculty about how things are going generally, or about a particular thing that's on your mind.