

## **REFLECTION and EVIDENCE**

Experience # _____
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Students complete a reflection and show evidence at the end of each SA experience. The reflection must use *specific* examples and evidence to demonstrate growth and should reference the learning outcomes selected on the proposal.

### **Reflection**

You may complete an open-ended reflection using the guiding questions below, or answer the reflection questions found on the last page of this handout.

- Describe the experience you had. What did you feel, think, notice or wonder?
- What value did the experience have? How could you continue your involvement?
- Identify the learning outcomes you selected. What did you do that helped you meet the learning outcomes?
- Provide *specific* examples of your growth as a result of participation in the activity.

### **Evidence**

For each of your experiences, you will want to show evidence of your participation. Collect evidence in a format you are proficient in managing and sharing with your teacher. Examples include:

- Journals kept during work (paper or electronic)
- Video(s) (taken at the event or of the event)
- Photos
- Links or websites that showcase the event
- Files (ex. E-mails verifying participation, certificate of participation, thank you letters, etc.)

**Reflection Questions** *(Optional - in place of open-ended reflection)*

Experience # _____
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1. What learning outcomes did you have for this experience? *(Refer to Form A)*
2. Summarize what you did in this activity/project and how you interacted with others.
3. How successful were you in achieving goals that you identified for this experience? Explain.
4. Identify any difficulties you encountered. How did you overcome them?
5. What did you learn about yourself and others through this experience? What abilities, attitudes, and values have you developed as a result of participating in this experience?
6. Did anyone help you to think about your learning or guide during this experience? Who, and how?
7. Explain what you would do differently next time (if you were/had the opportunity to do it again)?
8. How can you apply what you have learned in other life situations?
9. How did you manage to balance your time with your school work and other activities?
10. How did this activity contribute to growth in terms of your learning outcomes? For each learning outcome that you selected, provide specific examples of growth for each.