



"It is good to have an end to journey toward, but it is the journey that matters in the end."

Self-Reflection Sheet

Self-reflection, for the purpose of our German projects, involves using metacognition. This is thinking about your own thinking, and is an important skill to cultivate. When you can learn from your own behaviors and actions, you can become more strategic, self-reliant, flexible, and productive.

Metacognition involves 5 skills:

- * self-reflection
- * self-responsibility
- * drive and initiative
- * goal setting
- * time management

To help you develop this skill every project must include a brief essay that answers the following 5 questions.

Please include your name, which German class you are taking and the name and type of project you are reflecting on in your introductory paragraph. Each question should have its own paragraph.

Self-Reflection Questions

1. What do you like best about this product?
2. What was the most challenging part of doing it?
3. What's the most important thing you learned from doing this project?
4. Explain how this project is related to another class here at RHS or an extra-curricular activity you are involved in.
5. What would you do differently next time you do a project like this?

When you finish your essay, self-score your project on the attached rubric (in pencil) writing a very brief explanation in each box why that is the most accurate score.

Getting all of this accomplished within a specific time frame is a great accomplishment! Please claim your reward from Frau once you've turned in this completed project 😊.