

Weekly Reflections

Create a google doc and share with your mentor. Each week, you will compose a one-page reflection.

Keep up to date – **Reflections should be updated by 2:15 on Fridays.** Failure to maintain up to date reflections may cause your internship to be terminated and you will have to return to classes and make up missed work .

Each week – Take some time to reflect on your experience. Use details and be thoughtful with your response.

Ideas for reflections:

Week 1 - Describe your work experience this week. What was the best aspect of your week 1?

Week 2 - Describe your work experience this week. What was the hardest part of the week?

Week 3 - Describe your work experience this week. After three weeks of work, do you think you will continue to pursue a career in this field?

Week 4 - Describe your work experience this week. Overall, what lessons did you learn during your internship?

Week 5 - Describe your work experience. Comment on things that you continue to learn about the profession or yourself.

Vision of the Graduate Component:

In addition to the prompts above, you must connect each reflection to one of the skills outlined in the Vision of a Graduate. Focus on one skill for each week. By the fifth week, you should have addressed each skill.

LYNNFIELD HIGH SCHOOL VISION OF A GRADUATE

BE PROBLEM SOLVERS

- I can receive and use feedback from others to improve my solution, methods, or final product.
- I can creatively generate multiple potential solutions to a problem.
- I can clearly identify the problem as well as the known and unknown information.
- I can adjust the plan and timeline in response to changes in order to improve my solution.
- I can work collaboratively with others to develop solutions.

BE A GLOBAL CITIZEN

- I can understand and incorporate a variety of perspectives and differing points of view from other cultures.



- I am aware of the social, political, economic, and environmental challenges faced by various cultures including systems of oppression.
- I am aware of and respect other languages, customs, beliefs, and values.
I can engage with people who have differing opinions through healthy discourse, empathy, understanding, and humility.
- I understand how human activities are impacting the Earth's environment, the likely consequences and potential solutions to these issues.

BE LITERATE

- I can read, comprehend, and analyze a variety of textual styles including literary, digital, scientific, mathematical, graphical, and visual.
- I can evaluate sources of information to find bias.
- I can demonstrate strong active listening skills.
- I can comprehend and use new vocabulary terms.
- I can demonstrate speed, accuracy, inflection, and fluency in reading aloud.
- I am aware of non-verbal language and social cues used by people.
- I can share my ideas, information, and data clearly in written form using the standard conventions of each subject area.
- I understand and can utilize a variety of writing styles.

BE RESILIENT

- I accept failure as part of the process of improvement.
- I do not have to be good at something to enjoy doing it.
- I can make mistakes, face large obstacles, fail at something, and have the tenacity to try again.
- I can pause, think, and choose my actions instead of reacting.
- I regularly work to improve my social and emotional intelligence.
- I improve through a revision process by continually assessing and revising my work.
- I am open to constructive criticism and do not take it personally.
- I make my own decisions and do not give in to peer pressure.
- I can identify when I need help and am familiar with various school resources including those which help manage stress and anxiety.

BE COMMUNICATORS

- I can effectively present information and ideas in a variety of formats including written, oral, digital, and/or artistic methods.
- I can share my ideas, information, and data clearly in written form using standard conventions.
- I understand and can utilize a variety of writing styles.
- I can clearly present information verbally with appropriate voice quality and tone.
- I can create professional quality visuals including images, tables, and graphs using digital media to support my presentations.
- When in a leadership position, I can delegate tasks and responsibilities among group members appropriately.
- I am aware of my body language, tone of voice, and other nonverbal forms of communication.
- I can communicate and express a wide range of emotions and feelings through visual art, musical and theatrical performance.