

BFA Fairfax Evidence Reflection Template

Choose something you've done that may provide evidence of your progress on a transferable skill or academic proficiency. This piece of evidence could be an assessment, project, lab report, assignment, or paper for an academic class. It could be a piece of art or your participation in an activity or performance. Your evidence can be from a school-based activity or something from out of school. Insert your copy of this evidence template into your portfolio website under the appropriate transferable skill category or academic content area, or both!

[Directions on how to scan paper-based evidence and save it to your google drive.](#)

Today's Date: November 14, 2023	
Title of Evidence (with link to google drive): Energy and Changes in State Lab Report https://docs.google.com/document/d/19JHXOv5e1py-JQrnXLF65B0biyn97QKk/edit?usp=sharing&oid=109315890711163795417&rtpof=true&sd=true	
Describe what the evidence is: This evidence is a formal lab report about the amount of energy that is released and absorbed by ice and water as it is changing temperature and state.	
Connection to Academic Content Area: (Choose one) ☐ Math ☐ Global Citizenship ☐ Language Arts ☒ Science ☐ Health/PE ☐ Arts ☐ World Language	How does this piece of evidence connect to the academic content area? This piece of evidence connects to science because it is from Chemistry class and it assessed analyzing and communication skills through the content.
Reflection: Respond to the following questions: (Choose at least two) ☐ Why am I proud of this work? ☐ Why did I choose this piece of evidence? ☒ How does this evidence demonstrate a strength of mine? ☒ How does this evidence show I improved on a skill? ☐ What did I learn about myself in doing this work? ☐ Show how this evidence is connected to prior learning or experiences. ☐ Explain how this evidence is connected to a future goal. ☐ Tell the story of how this evidence came to be.	This evidence demonstrates that I am a strong math student and I am good at analyzing data and connecting my math skills to science. This evidence shows that I improved on my scientific writing skills because I did not have to revise this lab at all and I got a 4 as opposed to the previous two that I did revise to bring my grade from a 3 to a 4.,

