

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: 11/14/23	
Title of Evidence (with link to google drive): Lab 1A.1 nonuniform motion	
Describe what the evidence is: Lab report where we discovered the model for non uniform motion.	
Connection to Transferable Skill: (Choose one) <ul style="list-style-type: none"><input type="checkbox"/> TS 1: Clear and Effective Communication<input type="checkbox"/> TS 2: Self Direction<input type="checkbox"/> TS 3: Creative and Practical Problem Solving<input type="checkbox"/> TS 4: Responsible and Involved Citizenship<input checked="" type="checkbox"/> TS 5: Informed and Integrative Thinking	How does this piece of evidence connect to the transferable skill indicator? In this lab we have to calculate the slope and find the best fit line in our graphs using informed and integrative thinking. We usually perform math related tasks like coming up with the best mathematical equation that best fits your graph. We also did such things as finding the change in time & velocity.
Connection to Academic Content Area: (Choose one) <ul style="list-style-type: none"><input type="checkbox"/> Math<input type="checkbox"/> Global Citizenship<input type="checkbox"/> Language Arts<input checked="" type="checkbox"/> Science<input type="checkbox"/> Health/PE<input type="checkbox"/> Arts<input type="checkbox"/> World Language	How does this piece of evidence connect to the academic content area? This piece of evidence shows proficiency in forces & motion (PS1)
Reflection: Respond to the following questions: (Choose at least two) <ul style="list-style-type: none"><input checked="" type="checkbox"/> Why am I proud of this work?<input checked="" type="checkbox"/> Why did I choose this piece of evidence?	I'm proud of my work because I created an organized and proficient graph showing all my work. I also liked how I created tiny visual graphs to answer some of the following questions. I think I answered the questions very well too. I choose this piece of evidence

<ul style="list-style-type: none"> <input type="checkbox"/> How does this evidence demonstrate a strength of mine? <input type="checkbox"/> How does this evidence show I improved on a skill? <input type="checkbox"/> What did I learn about myself in doing this work? <input type="checkbox"/> Show how this evidence is connected to prior learning or experiences. <input type="checkbox"/> Explain how this evidence is connected to a future goal. <input type="checkbox"/> Tell the story of how this evidence came to be. 	<p>because this shows that in science I can be proficient and show my work in an organized manner. I found out that science can be one of my strengths as well and this piece of work is something I'm very proud of currently.</p>
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