

# Student Reflection Sheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## **Read this first**

1. You have been give reflection time from the class to think about your behavior and where it is taking you.
2. It is your job to work out, first on your own then with your teacher, how to make better choices for the future.

## **Your job is now to:**

1. Complete this sheet.
2. Discuss your plan for your future behavior with your teacher.
3. Work with your teacher until you are both satisfied with your plan for the future.

## **Reflecting on your behavior** (use the back of this sheet if needed)

What were you doing that caused you be given this reflection sheet?

\_\_\_\_\_

What would the teacher say you were doing?

\_\_\_\_\_

What three things you could choose to do to improve your behavior?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Do you need help with this plan? Yes / No

If "yes", who could help you? \_\_\_\_\_

## **Your plan for improving your behavior**

List three things you will commit to doing to improve your behavior:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

For how long will you commit to this plan? \_\_\_\_\_

We agree this is a helpful plan for improving the situation:

Student: \_\_\_\_\_ Date: \_\_\_\_\_

Teacher: \_\_\_\_\_ Date: \_\_\_\_\_

\*Please note: Failure to comply with the agreed upon behavior plan will result in parent/guardian contact. If the behavior plan is still not followed referrals will be issued.