

ATL Learning Logs		Name:
Learning Log #1: SUCCESS		
• Think about school <i>last week</i>. What is one class you surprised yourself in? You thought you were going to struggle or fail, but you succeeded. • What were you working on? • What helped you to succeed? • Explain.		
Your reflection:		
Learning Log #2: FAILURE		
• Discuss a time recently when you didn't meet your, your teacher's, your coach's or your parent's goal. <i>What happened?</i> • How did you FEEL? • If you could do it again, what would you do differently? How could you turn the fail into a win?		
Your reflection:		
Learning Log #3: SETBACKS		
<i>A setback is an event that "sets you back" or prevents you from moving forward toward your goal.</i>		
• What do you do when you have a setback? • How do you react? • How do you wish you could respond? • Who is someone you think has a growth mindset about setbacks? How do you know?		
Your reflection:		
Learning Log #4: LEARNING FROM OTHERS		
"Learn from the mistakes of others. You can't live long enough to make them all yourself." –Eleanor Roosevelt		
• What do you think this quote means? • In your own words, why is it important to learn from others?		
Your reflection:		

Learning Log #5: MAKING PROGRESS with ATL SKILLS

In Semester 1, we worked on Organization (Time Management, Setting Goals), Collaboration (Teamwork), and Reflection (Success, Failure, Dealing with Setbacks).

- Which ATL skill has helped you the most this school year? Explain which one and why.
- In which classes do you use your ATL skills? Describe which ones and how you have used them.

Your reflection: