

## SENIOR CAPSTONE EXPERIENCE REFLECTION - SAMPLE

**Directions:** Using the format below, type the corresponding topic and answer by writing complete sentences. This must be word processed for your portfolio.

Your Name

Faculty Advisor's Name

English Teacher's Name

Mentor's Name

Date (Month Day, Year)

### Reflection

**What were the total hours spent on the Experience? (This calculation does not include class time.)**

**A. Research**

Using this paragraph format, respond to each heading/question in complete sentences. This is an example of the proper format.

**B. Product**

**C. Mentoring**

**What were at least two of the biggest problems you encountered as you worked on the Experience?**

**A.**

**B.**

**What did you do to manage your time?**

Using this paragraph format under each bold question/heading, you will respond to each heading/question in complete sentences. This is an example of the proper format.

**What did you learn from the experience of working with other people?**

Using this paragraph format under each bold question/heading, you will respond to each heading/question in complete sentences. This is an example of the proper format.

**What personal satisfaction was gained from this Experience?**

Using this paragraph format under each bold question/heading, you will respond to each heading/question in complete sentences. This is an example of the proper format.

**Briefly describe the “risk” you took in completing this Experience. Include what you consider to be the “stretch” in this Experience for you.**

Using this paragraph format under each bold question/heading, you will respond to each heading/question in complete sentences. This is an example of the proper format.

**How were your original plans for the Experience the same or different from the final outcome of your Experience?**

Using this paragraph format under each bold question/heading, you will respond to each heading/question in complete sentences. This is an example of the proper format.

**Assess the success of your product.**

Using this paragraph format under each bold question/heading, you will respond to each heading/question in complete sentences. This is an example of the proper format.

**What did the Experience teach you about yourself?**

Using this paragraph format under each bold question/heading, you will respond to each heading/question in complete sentences. This is an example of the proper format.

**What would you do differently now that you have finished?**

Using this paragraph format under each bold question/heading, you will respond to each heading/question in complete sentences. This is an example of the proper format.

**What grade would you give yourself for the Experience? Give your justification.**

Using this paragraph format under each bold question/heading, you will respond to each heading/question in complete sentences. This is an example of the proper format.

*Northwest Rankin High School*