

Name _____

Developmental Designs For Middle School 1

Reflection Journal

Goals and Declarations

Thinking about the needs that most interest you, what is your goal and declaration for the week? Start it with I will...e.g. I will find 3 ways to increase relationships among students in my math classes.

Reflection after day 4...

List three actionable practices or strategies to support your goal.

1.

2.

3.

Potential barriers:

Resources and assets to overcome barriers:

Reflection after day 1...

From today's learning, **list two actionable strategies** or practices to implement that will support your goal.

Reflection after day 2...

From today's learning, **list two actionable strategies** or practices to implement that will support your goal.

Describe any workshop adjustments that might assist your learning:

Describe any workshop adjustments that might assist your learning:

Reflection after day 3...

What questions do you have?

From today's learning, **list two actionable strategies** or practices to implement that will support your goal?

Describe any workshop adjustments that might assist your learning:

The Needs

Which of the needs (safety, competence, autonomy, relationship, fun) most interest you? Why?

List three ways you currently meet that need.