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.

Describe any workshop adjustments that might assist your learning:

**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:

**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.