



# Professional Practice Support

## REFLECTION ON MY PERFORMANCE LAST TERM/YEAR

Regularly reflecting on both your performance and progress made towards achieving your goals is a powerful motivator and a key to identifying.

- what worked well and why?
- what didn't work and why?
- what did I most love doing?
- what am I inspired to achieve next?

At the end of each Term spend 20 minutes **reflecting** on your efforts and taking stock of whether what you are doing will get you what you want:

- ask for your parents' and teachers' observations and advice in the reflections
- a healthy lifelong habit is to be totally honest with the person you see in the mirror every day.

Reflect on the questions below and rate yourself using **A** - always, **B** - usually, **C** - sometimes, **D** - not at all:

- what do you need to do to make your best better?
- set a target rating you would like to achieve.

People who reflect often and honestly look life directly in the face, **control** their lives and futures.

	Last Year	Term 1	Term 2	Term 3	Term 4	Target Rating
<b>School and Study</b>						
Focused in class? Ignore distractions?						
Complete all set learning? On time?						
Quality of completed learning? Close enough or my best?						
Ask questions to better understand in class?						
See teachers out of classtime for more help?						
Use of Private Study Periods? Set something to achieve in that time?						
In control of my thinking, my attitude and my behaviour?						
Involved in school life? Clubs, sports teams, student bodies?						
Researching assignments? Well planned? Set timelines?						
Respect the learning of others in my classroom?						
<b>Home and Family</b>						
Have listed all the after-school activities I was involved in? Thoroughly?						
Prioritised after-school activities into "Musts" and "Options"? Enough thought?						
Designed my own Study Timetable?						
Copy for my parents? On fridge?						
Discussed prioritising and Study Timetable with parents? In depth?						
Set up study area? Away from distractions?						
Followed Study Timetable? Parents supported me?						
Year Planner and my goals on my bedroom wall?						
Designed revision program for tests and exams? Thorough and regular?						
Discussed school work, asked for help from family? Often? Valued their advice?						
Under pressure to complete home learning?						
Rewarded myself for achieving goals or targets?						

	Last Year	Term 1	Term 2	Term 3	Term 4	Target Rating
<b>Me and I</b>						
Were my leisure activities quality time? Really enjoyable?						
Too much TV, videos, Playstations, chatrooms, surfing the Net?						
Enough exercise to be fit? Often enough?						
Well balanced diet? Not much junk food?						
Good group of friends? Quality time together?						
Part-time job enjoyable? More than 12 hours weekly?						
Enough time in my life to do what I wanted to and had to?						
Wasted time often?						
Were my main time wasters avoidable?						
Were there other things I wanted to do? Many?						
Was I happy and in control of my life? Most of the time?						
Set aside time just for relaxation?						

What are two things I will *start* doing?

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What is one thing I will *stop* doing?

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