

Topic Focus *What is the importance of reflection?*

Everyone fails at something at some point in their life. Reflection allows learners to discover more about themselves. Students can reflect on what they did well and how they can improve. This allows students to develop new skills, make changes to create different outcomes next time, and create the habit of reflecting.

When reflecting on the concurrent enrollment course students can learn from their experience and build on their knowledge. Whether the student passed the course or not, they can consider improvements they can make in the next course or in college.

Discussion Starters

Consider starting the discussion by asking:

- Have you reflected on this semester?
- How do you feel this semester went?

Discussion Questions

To guide this week's discussion, consider asking some of the following questions:

- What did you do well this semester?
- What is something you learned while taking this course?
- What did you learn about yourself while completing this course?
- What was the most interesting thing you learned?
- What changes can you make for next semester?

Student Name:

Course:

Notes

Next Steps

To prepare for next week, ask students to:

- Review and reflect on the My Goal handout from the first meeting and remember to bring it for next week's meeting.
- Make a list of what you might do differently next semester.
- If you haven't already, make a decision about taking another concurrent enrollment course.