**PROMPTS TO STIMULATE SELF-REFLECTION** *Jan Chappuis (2012)*

**To Reflect on Growth:**

* *I have become better at \_\_\_. I used to \_\_\_ but now I \_\_\_.*
* *I have developed a better understanding of \_\_\_ through \_\_\_.*
* *What helps me as a learner?*
* *What did I learn about myself as a learner?*
* *What gets in my way as a learner?*
* *What things are difficult for me as a learner?*
* *What used to be difficult that is easier now? How did that happen/What did I do to make that happen?*
* *What are my next questions?*

**Reflection on Project(s)**

* *What did I learn about myself as learner by doing this project?*
* *What skills did I develop? What skills would I like to develop as a result of doing this project?*
* *What did I like most/least about this project? Why?*
* *How did my thinking about \_\_\_ change as a result of doing this project?*
* *What impact has doing this project had on my interests regarding \_\_\_?*

**Achievement:**

* *What did I learn? How did I learn it?*
* *What learning targets have I mastered?*
* *What are my strengths (in this subject/on these learning targets)?*
* *What do I still need to work on?*
* *What learning targets have I not mastered?*
* *What would I change about what I did?*

**Competence:**

* *Here is what doing \_\_\_\_ taught me about myself as a learner? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
* *What does my evidenced show that I have mastered? How does it show that?*

**Celebration:**

* *What am I proudest of/happiest with?*
* *What did I enjoy doing the most?*
* *What does my portfolio say about me?*
* *What impact has putting together this portfolio had on my interests, attitudes, and views of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (content or process)?*

**Specific & Challenging Goal Statements:**

* What do I need to get better at?
* Where am I now with respect to my goal?
* How will I do this?
	+ What Steps will I take?
	+ Who can I work with? What materials will I need?
	+ When will I accomplish my goal?
* What will I use as my “before” and “after” pictures