

## Final Reflection

An important part of the capstone process is reflecting on what you have learned, how the project has impacted you and others, and considering ways to improve in the future. Your reflection will be graded on the final product rubric, using this criteria:

**REFLECTION. In the end, the most important part of your capstone is what you learn about yourself as a student, learner, and citizen.**

<ul style="list-style-type: none"> <li><input type="checkbox"/> Your reflection is honest, reflective, and insightful.</li> <li><input type="checkbox"/> Your reflection moves beyond a simple description of the project to an analysis of how the experience contributed to your understanding of yourself, others, and/or skills/knowledge.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Your reflection is honest and reflective.</li> <li><input type="checkbox"/> Your reflection shows you are attempting to analyze the experience to better understand yourself, others, and skills/knowledge.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Your reflection needs to be more reflective or honest.</li> <li><input type="checkbox"/> You make an attempt to apply the learning experience to understand yourself, others, and/or course concepts but fails to demonstrate depth of analysis.</li> </ul>
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**Required Questions:** At a minimum, and regardless of format, all students must respond to these questions:

1. **Process:** *How has this project changed or grown from your proposal? Discuss the reasons for the change or growth.*
2. **New Skills/Knowledge:** *How was this project a learning stretch for you? What did you learn about yourself as a learner, worker, and/or citizen during the project? (You can include reflection on time management, strengths, weaknesses, communication abilities, etc.)*
3. **Challenges:** *When did you doubt yourself the most during this process? What did you learn from that? How did you work through your doubt?*
4. **Impact on your Future:** *How has accomplishing your capstone prepared you for life after high school?*

**Format:** You may choose the format for your reflection, but whichever format you choose, be prepared to respond in depth to the required questions. Possible formats include:

- Written essay
- Video
- Interview (record on video)
- Digital Presentation (prezi, Google slides, etc.)

**Length:** For a written reflection, your responses to **each question** should be about two paragraphs long in order to provide the depth of reflection that is expected. If you are struggling to reflect at length on the required questions, you may answer *additional* questions to get to an overall minimum length of six paragraphs, or



approximately 600-1200 words. Please use this as a guide-- what is most important is the insight, analysis, and honesty you convey.

**Optional Questions:** If you need additional prompts to encourage your thinking, you may choose to respond to one or more of the following questions:

1. What process did you go through to produce the product? Did everything work the way you had planned?
2. What lessons did you learn? Describe your successes and frustrations.
3. What new skills did you learn while doing this work?
4. Did you have any interesting or unique experiences while completing your project?
5. What part of your project are you most proud of, and why?
6. What was the hardest part of doing this project? What were your challenges?
7. What mistakes did you make, and what did you do to limit the impact or shift your course?
8. How did your community expert influence your project?
9. What kinds of support could you have used during the process?
10. How are you feeling about your upcoming presentation, and what have you done to prepare for it?
11. If you could do anything about the project over again, what, if anything, would you change?
12. What advice would you give to other students who are preparing to embark on the capstone process?