

Scoring Criteria	Goal Setting and Self-Reflection: “What I Need to Do” Rubric (This area provided for you to indicate that you understand the requirements and success criteria of the assessment task.)	Evidence of What I Did (This is for your FINAL self-assessment. You can color-code/provide a key to show where evidence is found in your reflection or plan.)
<p>PLAN Develop a Goal Setting Plan Make a plan to improve upon performance in a chosen subject area or skill</p>	<p>I completed my Goal-Setting Worksheet on _____ (date) My greatest personal strengths are: My greatest academic strengths are: A challenge I’ll try to overcome is: _____ has reviewed my Goal-Setting Worksheet and agrees that my plan is clear, complete, and feasible. (Requires peer or adult sign off – read this like a critical friend!)</p>	<p>Ideas I got from my peers: Ideas I got from other sources (teacher, mentor, advisor, etc.)</p>
<p>ACTUALIZE Implement, Collect Evidence, and Make Connections</p>	<p>My reflection... ____ restates my goal: ____ examines which strategies worked best for reflecting on progress and explains why some did not help ____ uses my analysis to discuss a connection: _____ My analysis used evidence or examples to shape my interpretation and assumptions. (List evidence used in the column to the right.) My conclusion: ____ summarizes my analysis ____ reflects upon my progress ____ considers what I might do next time:</p>	<p>Evidence I Documented:</p>
<p>REFLECT Revise or update to improve my performance based on new evidence</p>	<p>My Goal-Setting Plan was updated on (date) _____. To do this... I discussed and got feedback on my reflections from: I’ve added these strategies: I’ve modified or deleted these strategies (and reason why):</p>	<p>My Key Learning(s):</p>

Figure 4.6 Example of a Rubric Designed for Self-Reflection, Using the Performance Scale Indicators as Scoring Criteria