COL100 – Strategies for Academic Success
Fall 2011

Name:_____ Instructor:_____

Reflection 3 – Understanding Relationships

Complete the "Unit 3 Contact List" and scavenger hunt assignment.

Write a 200-word description of why do you think it is important to establish relationships, communicate, and network with other people? How can strong relationships, communication, and networking help you while in college. The "Unit 3 Contact List" can be found as part of Lab 4.

Reflection Grading Rubric

Category	Criteria	Possible Points	Earned Points
Timeliness	• Submitted by the assigned due date	A: 9,10 B: 8 C: 7 D: 6 F: 0-5	
Composition	• Sentences are structured and words are chosen to communicate ideas clearly • Paper is free of grammatical and spelling errors	A: 9,10 B: 8 C: 7 D: 6 F: 0-5	
Completeness	• Completed "Unit 3 Contact List" in Excel with all cells typed and signed where necessary • Completed written description with at least 200 words	A: 9,10 B: 8 C: 7 D: 6 F: 0-5	
Thoughtfulness	• Relate the "Unit 3 Contact List" assignment to your academic, personal, and professional lives • Communicate a *significant* degree of understanding and appreciation of your need for strong relationships, communication, and networking.	A: 18-20 B: 16-17 C: 14-15 D: 12-13 F: 0-11	
Total Points		50	