COL100 – Strategies for Academic Success
Fall 2011

Name:_____ Instructor:_____

Reflection 4 – Course Reflection

Now that you have completed this course, take a moment to reflect on what you learned, on what it means to you, and on how it fits into your reality.

The purpose of this assignment is for you to:

- Reflect on the meaning and importance of the course material to your life.
- Reflect on the potential impact of this course on your present or future behavior, attitudes and actions.
- Apply what you learned in this course to real-life examples.
- Apply what you learned in this course to your academic, personal, and professional lives.

Select any 2 of the following questions to answer. Write a 500-word essay that answers the questions.

1. What would you say if you have a chance to speak to your friends about this course? Why?
2. What suggestions would you give other students on ways to get the most out this course? Why?
3. What was the one most useful or meaningful thing you learned in this course? How will that thing help you to continue to grow as a student?
4. Describe your biggest achievement in this course. Why was that achievement important to you?
5. In what area did you improve the most while taking this course? What improvement(s) did you make?
6. What one assignment for this course was your best work? What makes it your best work? What did you learn by creating it? What does it say about you?
7. List three ways you think you have grown or developed as a result of this course. How will that make you a better student?
8. What was your favorite aspect of this course? Why?
9. What goals did you set for yourself in this course? How well did you accomplish them?
10. If you were to start this course over, what would you do differently next time? Why?
11. What strategies did you use to learn the material in this course? Which were most effective? Why?
12. What risks did you take in this course? How did they work for you?
13. If you could change any one of the assignments you did for this course, which one would it be? What would you change about it?
14. What problems did you encounter in this course? How did you solve them?
15. Write one goal for next semester/year and tell how you plan to reach it.

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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	• Addresses all parts of the required writing assignment • At least 500 words in length	A: 9,10 B: 8 C: 7 D: 6 F: 0-5	
Thoughtfulness	• Communicate a *significant* degree of understanding and appreciation of yourself • Demonstrate a deep personal impact and transformation from the course • Relate the content of the course to your academic, personal and professional lives	A: 63-70 B: 56-62 C: 49-55 D: 42-48 F: 0-41	
Total Points		100	