ISNS MYP Community Project

Personal Reflection

Name:

INSTRUCTIONS**:**

1. Save this file as CP\_PersonalReflection\_YOURNAME
2. Fill in each column with the appropriate information.
3. Upload the file or take a screenshot and upload it to your Process Journal

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| --- | --- | --- |
| Saying | Thinking | Being |
| What changes do you notice to how you speak to and about others? | How have you thought differently? What do you wonder about yourself as a learner? | Have you changed? Have you become more patient? More Respectful? |
| Doing | Having | Feeling |
| Have you done something that you normally would not do? Have you helped in a way that you had not thought you were capable of? | Do you have more of something? More knowledge? Respect? Compassion? Determination? | Have you felt different? Empathized? Inspired? Worried? Admired? |