**ALS Semester 2 Reflection**  Name Date Class

Directions: Please complete this document online and email it to Mrs. Hutchison at khutchison@urbanasd116.org. Please title your email “ALS Semester 2 Reflection”.

1.) What were your goals when you started the school year?
a) In school:

b) Outside of school:

c) In your classes:

d) With your friends:

2) What did you accomplish this year?

a) In school:

b) Outside of school:

c) In your classes:

d) With your friends:

3) Do you feel like the following things improved this year? Please explain using specific examples.

a) Your grades

b) Your ability to make friends

c) Your ability to advocate for yourself

d) Your ability to advocate for others

4) Which of the following things from ALS helped you the most in school this year? You can underline more than one choice.

a) Time to do work independently

b) Time to work with people from the same class

c) Time to check grades on Skyward

d) Time to email teachers and ask questions

5) Which of the following things from ALS helped you the most as a person this year? You can underline more than one choice.

a) Time to talk with people that are different from me

b) Time to talk with people who speak the same language as me

c) Time to help others
d) Time to help myself

6) Give specific examples and explain what you learned this year about:
a) Yourself-

b) Being in high school-

c) Other students-

d) Your teachers-

7) Which classes do you feel you learned the most from? Give specific examples.

8) Which adults at UHS do you feel helped you the most? Give specific examples.

9) What would you change about this school year? What would you do differently? Please explain.

10) What do you think should be changed at Urbana High School? Please explain.

11) What advice do you have for students who are new to Urbana High school?

12) Do you have any questions or comments?

**Now use your vocabulary notes from the “What Students Really Need To Hear” Blog to answer the questions below:**
13) What *adversity* have you faced this year (at home, at school, etc)? List 3 examples

14) How have you shown *resilience*? Give a specific example.

15) Do you think you are a *resilient* person most of the time? Please explain.

Thank you for your feedback!