

“Reflection is not a linear process, but learning how to write reflectively sometimes requires us to consciously process the events, people, and impressions around us in order to analyze and reflect on them for future action. Remember that reflection moves beyond description into analysis and purposeful or intentional action” (SCRIBD).

**PSEUDONYM: WILL I AM**

**COURSE NAME: PHYSICS**

**ASSIGNMENT TITLE: EGG IN THE WALL**

**ASSIGNMENT DESCRIPTION: CREATE AN APPARATUS THAT WILL HOLD AN EGG AND KEEP IT SAFE WHILE CRASHING INTO A WALL AT 100 MPH.**

**COMPLETION DATE: FEB 2 2013**

**GRADE: B+**

**STEP 1: HOW WELL DID I MANAGE MY TIME • Okay**

- NOT WELL: I did not prioritize, or I did not estimate how long it would take, or I procrastinated, or I got overwhelmed and had to sacrifice many things I wanted to do.
- OKAY: I prioritized, but I did not estimate how long it would take, or I ran out of time, or I could have used more time.
- WELL. I prioritized, and I estimated how long it would take accurately. But I did not revise, delegate, or omit activities when unexpected things came up. In the end I still felt stressed and overwhelmed.
- EFFICIENTLY. I prioritized, and I estimated how long it would take accurately. I followed through with my plan. I revised my schedule when it was necessary, and I delegated and omitted activities appropriately. I felt satisfied with how well I used my time.

**NEXT TIME I SHOULD CONCENTRATE ON THE FOLLOWING TIME MANAGEMENT AREAS**

**Revising, Estimating, Prioritizing**

- Prioritizing
- Estimating
- Revising
- Delegating/Omitting

**NEXT TIME MY TEACHER WANTS ME TO CONCENTRATE ON**

**Prioritizing, Revising, Omitting**

- Prioritizing



- Estimating
- Revising
- Delegating/Omitting

#### COMMENTS:

This project was very detail oriented, and I had to make sure I was putting in the time needed to complete the project. Tyler gave us ideas on how to do the project, but it was still up to my team to create something that would hold an egg safely as it crashed into a wall. This meant that we had to come up with an idea and then draw out the idea, making revisions as we went along. We had to prioritize what types of material we needed based on weight. The goal of the project was to make the lightest contraption that would hold the egg securely. When we weighed the contraption it had to be under a certain weight so we had to omit certain items to make the weight qualifications.

#### STEP 2: DESCRIBE FACTS ABOUT THE PROCESS • 1-3 PARAGRAPHS

- Physical description, behaviors observed, things you heard . . .
- What happened, when, who was involved . . .
- Location, your perspective . . .
- Your actions, other people's actions . . .
- Any unusual observations . . .

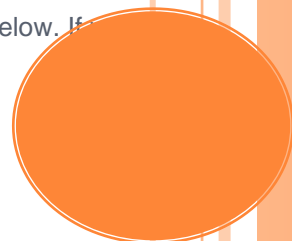
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#### STEP 3: CONNECT TO PRODUCER SKILL

- What Producer Skill did you choose? **Organization**
- Why did you match this Producer Skill with this particular assignment?

**I matched the skill of organization because this was a very big project and covered multiple days in class. We had to organize our ideas as well as our materials that we were going to use for the project.**

- Copy whatever PRACTICE(S) FOR GROWTH you used for this skill below. If need more room, help yourself.



**I used my Cornell notes I took in class to help me understand the concept we were learning in physics. As I reviewed the notes it helped me to remember what we learned in class and how the project worked. I also used my organizational planner to remind me how much time I had to complete the project. Using my planner helped remind me that the due date for the project was close and because I had been procrastinating I was running out of time.**

**STEP 4: analyze & interpret • 1-3 paragraphs**

- Why do I think things happened this way?
- Why did I choose to act the way I did? What can I surmise about why others acted the way they did?
- What did I think and feel? How might this have affected my choices/behavior?
- How might the context have influenced the experience? Was there something about the activity or timing or location?
- Are there other potential contributing factors? Something about what was said or done that impacted my response? Are there past experiences—mine or others—that may have contributed?
- What are my hunches about why things happened in the way they did?

**I did okay on the project. My team was not super motivated, but we were able to build a contraption that held our egg. When our egg was strapped to the rocket and launched into the wall it didn't explode like I thought it might. It stayed in the contraption, but it did crack inside. I felt kind of bad about this. I know that if I would have been more diligent in putting in more time I could have made a better device to hold the egg, and it could have survived the crash. My team was also not very diligent in getting the project done and done correctly. I feel like I could have been more of a leader and worked harder on the project because my team was not. I have always procrastinated big projects like this. I know I can do better than this, and in the future I think I will work hard even if my team is not.**

### **STEP 5: SO WHAT? MEANING & APPLICATION • 1-3 PARAGRAPHS**

- Why did this seem like a significant event to choose?
- What have I learned from this? How could I improve?
- How might this change my future thinking, behaving, and interacting?
- Now what? What will I do differently?
- Next time a situation like this presents itself, what do I want to remember to think about? How do I want to behave?
- How could I set up conditions to increase the likelihood of productive interactions and learning in the future?

**From this event I learned because it shows that I can organize my ideas and thoughts and create something with my hands. I learned that when I use my notes and my planner I can accomplish a project on my own, even if it is a team project. I know that if I use my planner I can keep myself on task and organized. Next time I have a project like this I will be sure to stay on top of it and get it done in a timely manner so that if I need to make adjustments I have the time to do so. I know that if I can keep myself organized I can get more done in less time.**

Modified from <http://www.scribd.com/doc/13949636/Reflection-Guidelines>

