

1st Semester Reflection & 2nd Semester Goal Setting

Biology	Yes	Somewhat	No
I have given my best effort in Biology.			
I am happy with my first semester Biology grade.			
I enjoy coming to Biology.			
I have been on my best behavior in Biology class.			
I feel that Mrs. Selna teaches in a way that makes sense to me.			
I feel that Mrs. Selna treats me fairly.			
Grit/Growth Mindset	Yes	Somewhat	No
Done things that were challenging for me.			
Learned from mistakes			
Accepted Feedback			
Practiced things that were hard for me			
Kept going even though something was hard			
Practiced using Growth Mindset statements like "I don't get this yet."			

Directions: Please read each statement and check the box that applies to you.

- What has been a strength of yours in Biology this semester? Why?
- What could you improve on in Biology for this semester? Why?
- On a scale of 1-5, 1 = no effort and 5= a lot of effort, how much effort did you put into Biology last semester? Why?
- How do you feel your behavior in Biology has been? Why?

5. Are you satisfied with your first semester Biology grade? What was it?
 - a. If yes, what do you need to continue doing to maintain or improve your grade?
 - b. If no, what do you need to *START* doing to bring your grade up?
6. Do you think your parents/guardians are satisfied with your Biology grade? Why or why not?
7. What was your favorite thing about Biology this past semester?
8. Based on the answer to your questions above, come up with at least one goal for Biology for this semester.
 - a. BIOLOGY GOAL #1:

 - b. (optional) BIOLOGY GOAL #2:
9. Is there anything Mrs. Selna or anyone else in your life can do to help you achieve this goal(s) in Biology for this semester?