

## Cowden-Herrick Schools

Do not write on this sheet. Copy the underlined statements below on your sheet of paper. Complete the statements in complete sentences and in your own words describing what you did in class, what effect your actions had on the students and the teaching in the classroom, and what you can do to make sure this behavior does not occur again.

### REFLECTIVE EXERCISE

1) I am a Hornet of Academic Excellence, one who is prepared, respectful, responsible, and a learner. I am having to do this reflective exercise today because in class I . . .

(What did you do in class today that caused the teacher to give you this reflective exercise?)

2) (Choose **one of the four** following statements and complete it in your own words. Give at least two (2) examples that complete the statement you choose.)

a) My actions, which I have described above, show that I was not **PREPARED** because . . .

b) My actions, which I have described above, show that I was not **RESPECTFUL** because . . .

c) My actions, which I have described above, show that I was not **RESPONSIBLE** because . . .

d) My actions, which I have described above, show that I was not **A LEARNER** because . . .

3) When I interrupted the teaching in the classroom the students in my classroom started to . . .

(How did the students in your class behave when you did what you did?)

4) Because of my actions the teacher had to stop teaching and . . .

(What did the teacher have to do with the class AND with you when you did what you did?)

5) My teacher wants me to be successful in the classroom, making good grades and behaving correctly. Tomorrow and the rest of this school year, I will not show the behavior I did today because instead I will . . .

(What can you do as a student in the class to make sure you do not behave like this again?)

Plan to meet with your teacher at the beginning of your next elective class to discuss what you have written.

