



Daniel Hand High School Counseling Junior Reflection

Name: _____ **Counselor:** _____

This is your Junior Reflection that will be completed and returned to your school counselor. This information will be used to help the counselor write a letter of recommendation.

In order to complete this information thoroughly, you should think about your past experiences including involvement in extracurricular activities, leadership roles, academic experience, and work and interests inside and outside of Hand.

Rubric: Please review this rubric before you begin to consider what you would like to add to your Junior Reflection. Once you have completed your Junior Reflection, please complete the self-assessment and submit it to your counselor.

CRITERIA	EXCEEDS (3)	MEETS (2)	APPROACHING (1)	SELF-ASSESSMENT
<p>Analyzing:</p> <p>Examining information/data/evidence from multiple sources to identify possible underlying assumptions, patterns, and relationships in order to make inferences.</p>	<p>Prior to completing my Junior Reflection, I carefully and independently synthesized and examined my past academic and extracurricular activities relevant to my Junior Reflection.</p> <p>I made insightful inferences about my past, current, and future goals and achievements. I drew complex, nuanced, and well-informed conclusions about my prior experiences and supported these conclusions with data.</p>	<p>Prior to completing my Junior Reflection, I examined my past academic and extracurricular activities relevant to my Junior Reflection.</p> <p>I identified areas where I consistently participated, showed genuine commitment, and discovered my passions. I supported these conclusions with data.</p> <p>My reflection allowed me to make inferences about my life and goals and make decisions to achieve those goals.</p>	<p>Prior to completing my Junior Reflections, I looked at limited data and superficially examined my past academic and extracurricular activities.</p> <p>I did not thoroughly identify patterns or relationships, make inferences, draw conclusions, or create viable goals.</p>	<p>Self-Assessment:</p>

1) Discuss your academic experience at DHHS. What have you enjoyed most? What were some challenges you faced?

2) What are your best attributes in the classroom?

3) Outside of the classroom, what would you consider to be your strength(s) and your biggest improvement(s) since entering high school?

4) Has there been any personal and/or school-related circumstance that has impacted your academics?

5) What do you hope to accomplish at a post-secondary school and why? Do you have a specific major you plan to study?

6) Attach your resume if you have one. If not, please fill out the charts below. Please list your extracurricular activities/organizations, inside and outside of Hand (athletics, clubs, community service, employment, music, awards etc.)

COMMUNITY SERVICE: List all community service hours you have completed (add cells if needed)

JOB / VOLUNTEER	NAME OF ORGANIZATION	YEAR/S	TOTAL HOURS	DESCRIPTION

WORK EXPERIENCE: (add cells if needed)

EMPLOYER	DATES OF EMPLOYMENT	JOB TITLE / POSITION	DUTIES

CLUBS AND SPORTS INSIDE AND OUTSIDE OF HAND: (add cells if needed)

Club/Sport	Years(s)	Special Awards/positions/accomplishments

AWARDS RECEIVED INSIDE AND OUTSIDE OF HAND: PTO awards, Departmental Awards, Extra Curricular Awards etc. (add cells if needed)

Club/Sport	Years(s)	Special Awards/positions/accomplishments