Worksheet · Student Wyckoff · My Day

Record evidence in an achievement journal

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An achievement need not be a major victory. It might be a finished example, a question asked in time or returning to a task after missing a session. Record the action and a sign of the result. A child's entry can be brief and include a drawing; compare it with their own previous step rather than someone else's ranking.

Name / project: _____

Fill the blank rows with your own examples.

Date	Action	Observed result	What I learned	Next step
Example: Monday	Solved two problems independently	Both solutions checked	Noticed an unnecessary step in the second	Try one more example

Sources

- The Open University - Reflective learning
  https://help.open.ac.uk/strategic-study-techniques/reflective-learning
- UC Berkeley Greater Good in Action - Gratitude Journal
  https://ggia.berkeley.edu/practice/gratitude_journal
- APA Dictionary of Psychology - Self-reflection
  https://dictionary.apa.org/self-reflection

- The Open University - What is reflection? https://www.open.edu/openlearn/education-development/learning-how-learn/content-section-9.2
- И. Н. Семенов, К. С. Серегин - Рефлексивность личности и мышления субъекта, НИУ ВШЭ https://publications.hse.ru/chapters/751517696

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