Worksheet · Student Wyckoff · My Day

A first-year pupil's achievement journal: a personal worksheet

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At the start of primary school, one short entry or drawing about something learned is enough. An adult may read the prompt while keeping the child's own words. Compare today's step with earlier experience: packing a school bag independently or checking two answers. Stars and comparisons with classmates are unnecessary for this purpose.

A separate printable worksheet includes the date, a small achievement, an example or drawing, helpful support and a next step. It is the child's personal journal. Agree official portfolio sections and assessment rules with the school; this optional worksheet does not automatically replace them.

Name / project: _____

Fill the blank rows with your own examples.

Date	My small achievement	My example / drawing	What helped	What I will try next
Example: Monday	Checked my school bag myself	Showed my list of things	A reminder by the door	Check again tomorrow

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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