Completed by April 4th AND June 13th

Written in journal form, with dates inside journal in folder/notebook OR on SHARED Google document

Answer the following questions:

1. What interested you the most during this half of the semester? Why?
2. What did you learn in this half of the semester? Will you do anything differently?
3. How does it relate to your friends, family or yourself?
4. What were you least interested in? Why?
5. Is there anything you are further interested in learning? Why or why not?

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| Outcome | Not Yet | Meets | Exceeds |
| Conclude- Infer meanings, analyze information and develop valid ideas based on evidence and analysis | Incomplete, answers questions with minimal thinking of one sentence for each question. | Answers all the questions with thought for each question. At least 2 sentences for each question. | Answers all the questions with much descriptive detail and expresses thoughtful insights. |
| Plan- Frame and clarify goals and make deliberate plans for how to achieve them. | Incomplete or late with messy appearance. | Completes assignment on time and is written (if applicable) or typed neatly. | Shows progress throughout the semester with consistent Journal logging or notes AND finishes by due date |

Joe King November 16, 2011  
Units: Mental & Emotional Health Per. 8 Wednesday

In this unit, I was most interested in becoming more assertive. I have trouble communication with my parents and my peers. I disliked the amount of homework that we get because we do not finish much of the work during class. I also did not enjoy the group work activities because I feel uncomfortable working with other people that I don’t know. I understand that to be more assertive, I have to learn to focus on my feelings and my attitude rather than others’ behavior. I do not participate much in class because I am afraid of what others will think of me when I say something. In this unit, I learned that I should think more positive about myself because I keep putting myself down. I thought I had good self-esteem but I learned that it is more important what you think about yourself than what others think about you. I also learned that my tone with my classmates should be less hurtful. I will try not to overlook their feelings because I want to start treating others with respect the same way I want to be treated. I want to learn how to be more respectful towards my peers. This unit affects my friends and family because communication should be stronger between them and me. If we have a more effective communication we will love each other and maintain a closer relationship.