

# January 2024 Reflection

## Criteria

- **Honest**
- **Thorough and detailed**
- **Provides context:** assumes your reader is a very smart person who knows nothing about what you are describing—you don't need to talk down to them, but you cannot assume knowledge about your topic; you were there, they were not
- **Descriptive:** you are using words in such a way that your reader can experience what you experienced—they can see and feel it
- Use of **specific examples**—embracing the use of examples as opportunities to tell **specific, detailed short stories**, with you as the main character
- Digs into **how** and **why**; digs below the surface and resists surface answers
- Answers all parts of all three questions below
- **Proofread** for errors in conventions and opportunities for **precise word choice**
- *Optional:* the Suncrest class also had the following as a key aspect of the criteria: use a **signature**, in case you become famous—I'll leave that one up to you!

## Challenge

Actively applying what you have learned thus far from exploring and exploding the language and structural choices of Ursula K. Le Guin. This might include:

- Purposeful verb, adjective, and adverb choice
- Alliteration and/or assonance, in order to establish rhythm and/or draw attention to key words
- Use of advanced forms of punctuation such as semi-colons, colons, em-dashes, and parentheses in order to convey complex thoughts and ideas
- Purposeful use of a variety in sentence and paragraph lengths
- Image building to create vivid pictures in the reader's mind
- Use of simile and/or metaphor

## *Questions for Exploration*

1. In what area or areas do you feel you have demonstrated the most growth during the first four months of the school year? This could be in an area related to academics or work habits or social-emotional development.

- Identify the area or areas – be specific (not just Group Work, but my ability to make others feel included by doing X, Y, and Z, etc.)
- Tell the story of how this growth occurred—what were you doing (or not doing)? Do your best to make this story detailed and specific. Take your time. Consider what you have learned about effective storytelling from Le Guin.

Remember that your audience (your parents) has not experienced these things in the ways that you have, so you need to provide them with enough context to follow your ideas.

- Explain how this growth may help you in the future, short-term (this month) and long-term (a year, five years, ten years from now). Use specific examples.

2. Where do you feel stuck right now? What is challenging for you? Again, this could be in the area of academics or work habits or social-emotional development, or this might be related to the thinking you did around the class agreement, or it might be related to the No Longer Useful Way of Being that you burned on the first day of the new year.

- Explain the idea
- Tell a story, with you as the main character, about you engaging with this thing and encountering stuckness or challenge. Do your best to make this story specific and detailed.

Remember to provide context for your reader so that they can follow your story with ease. What do you need to explain to them (who, what, where, when, why, how)?

- Explain why, for you, this is particular thing is challenging? What is it about you—the way you work, your typical ways of being, your upbringing, your past experiences—that makes this challenging?
- Explain why unlocking change in this area might bring greater ease and happiness in your life: what has life been like in the past for you, in relation to this way of

being? How is it negatively impacting your present? What does the future look like with this way of being unchanged? What does the future look like with this way of being released?

Try to use specific examples.

- What is something you can do each day to help you practice releasing yourself from this way of being or get closer to actualizing the idea you outlined above? Make this step S.M.A.R.T.
- Explain how you will hold yourself accountable to that daily step that you outlined above.

*After you have written your first draft:*

- Look at the criteria. Have you done your best to address each of those aspects?
- Reread the questions in this document. Have you done your best to address each of the bullet points?
- Proofread carefully, line by line. In addition to looking for errors in spelling, punctuation, and sentence construction, also keep an eye out for opportunities for precise word choice.
- Find a private place to read your work out loud to yourself—this is the best way to spot uncaught errors and to listen for flow between ideas