

# Kindness Capstone Project Reflection • Day 3

This week we will focus on both group and individual reflection on the Kindness Capstone Project. Students will process the experience on a group level and then create a tangible reflection paper or video that counts toward their final grade.

## Weekly Objectives

Students will:

- Reflect on the entire Kindness Capstone project in a group setting.
- Create a Reflection paper or video documenting their personal Kindness Capstone project experience.

## Resources / Materials

- Paper and pencils
- Self-Reflection Proposal (see below)

## Reflect / Assess

**Deliverables:**

- Submitted and Approved Self-Reflection Proposal
- Daily Participation points

**KEEP LOGGING YOUR COMMUNITY SERVICE HOURS!**

## Share

**Discussion Starter:**

- What was your favorite part of the Kindness Capstone Project and why?
- If you could have worked on a different project besides your own, which would it have been and why?



## Inspire

Now that we have reflected with our groups, it is time to focus on self-reflections. It is important to note that there is no right or wrong way to reflect on an experience as long as you are honest and true to yourself. Self-Reflection is very personal and will look dramatically different for people, even if they were on the same team and worked alongside each other.



**Optional:** Sample Self-Reflection Submissions

<https://jteenleadership.org/reflections-final-projects.html>

The link above includes examples of self-reflection videos, papers, poems, and slide decks. It is up to students to decide what format their self-reflection will be. However, they must complete the self-reflection format proposal and get teacher approval before they begin work on it.

**NOTE: Grading for self-reflection should be based on content. Did the student include the necessary points in a clear and genuine manner?**

## Empower

Provide each student with the handout below. Go over the proposal and emphasize the following:

- Your self-reflection must review the entire process, from planning to execution. It must also incorporate team dynamics in some fashion.
- If you choose a paper, it must be at least 1.5 pages, but no more than 3. This is not academic in focus. Use proper grammar, but do not ramble. This should be personal, not sterile.
- If you choose a video, it must be 2-3 minutes long and cover the same topics as the paper.
- You can propose any format you want to, but it **MUST** include everything listed in the first bullet point.



Class time will be provided tomorrow for students to complete their reflections.



# Self-Reflection Proposal

Directions: Each student must complete this proposal. Your self-reflection can be in any format you propose as long as you have a plan and include every aspect of the assignment.

Reflect on the following points:

- The Planning Process
- The Project Execution
- Problem Solving for Community Challenges
- Your experience working in a group, including team dynamics (be honest, you will not be graded down for discussing struggles here).
- What did you learn from this project?
- How did this project help you better understand community service and community collaboration?

My Self-Reflection Proposal:

How I plan on incorporating each point above: