

Science self-reflection

In the beginning few weeks of Science, I have been an active listener. I support and encourage the person speaking. So far, I have mostly done this by making eye contact with the speaker when they are talking to me or the class. For example: when the teacher is writing down notes and valuable information on the projector, I am always following along by writing too. Another example is when the speaker is talking, I am never talking to anybody else and keep quiet. I do this so I can understand what they are trying to say. Also, because I may be able to use the intel in the future as it might be essential.

I can work with others to achieve a common goal; I do my share. Most of the science class work assignments have been with groups so far. Therefore, I have practiced quite a bit of group work in this class. I always contribute to group work, and I believe I have done it well for the start of the class. For example: in the first day of class, we were asked to build a tower of spaghetti and marshmallows. I shared my ideas with my group, as well as supporting their thoughts and ideas without being biased. Lastly, we were doing a qualitative and quantitative observation group assignment, I saved my group a couple of times with ideas before the time limit ran out.

A stretch that I need to improve on in the future, because I didn't do it the past few weeks of science is: To give, receive, and act on feedback. Since I am a very shy and antisocial student, I don't act on this very well. Therefore, I do not speak much to people or the teacher unless I absolutely need to. Another weakness I need to work on is to represent my learning and tell how it connects to my experiences and efforts. I do represent my learning, but I don't say how it connects to my efforts and experiences very well. Last, I need to improve presenting information and ideas to audiences I may not know. Because I am not the greatest speaker, and I get nervous and get stage fright in front of unknown people.