

## **Personal Awareness and Responsibility**

### **Self-Determination \*Strong\***

Throughout the wood bug assignment, my self-determination was very good. I was determined to finish the project and to it well. On the first day of the project, I was determined to spend my spare time working on it. I was almost finished the habitat page and had an idea for the experiment that I would share with my group members the next day. I also made the first part of the lab by doing a hypothesis, material list, procedure and reason for the experiment. I was self-determined to help my group the most that I could and construct something that would take some work of the other group members. Usually, when I start a project, I like to do as much as I am able to do and as well as I can so my group members have a choice. My group members also helped me feel determined. I wanted to only do two runs of the experiment but my group members helped me realize that we should do three runs like planned because the results were more accurate. This determined me to do more for the experiment and spend more time on it.

### **Self-Regulation \*Strong\***

The wood bug assignment was a good example of my self regulation skills. I was able to stay on task and regulate myself to finish the project. I was quite focused at home while working on the wood bug habitat page. To keep myself interested, I incorporated some of the enjoyed skills into the assignment. I used Photoshop to make outlines and make the habitat images in the shape of a wood bug. This kept me interested. Something else that I did to help me self regulate is getting others to hand in their work on time. Although one of the group members never gave me their conclusion, the other two did. During the testing of the experiment. I was on task and following the rules. I made sure that the wood bugs were un-harmed and safe. When I had to, I picked them up from their sides so the tweezers would not harm the bottom of them. I knew that area was very sensitive due to my previous research. In conclusion, the wood bug experiment was very good and organized in a safe way.

### **Overall \*Needs Improvement\***

Although I was overall very good with my personal awareness and responsibility, there were somethings that I could have improved to make my group work experience and assignment better. For example, I wasn't (and am usually not) able to change the way that I work with groups. Usually, I like to do all of the work for the group early on. This means that many of the group members don't end up doing anything. The reason for this is that I trust essentially no one. I think that I am able to keep up with my own standard. This means that I won't let my self down. If I don't know that work habits of other kids, I can't trust them to construct a product that is up to my high standards. I need to learn to let other do work and accept that their work may not be to my standard. I need to learn how to trust others and know that this is group work, not individual work. In conclusion, the main point that I need to work on is to trust others and be more cooperative with other people.