



Standard 7

Reflection on English Language Arts Reflection - Angela Jurgensen

I have chosen an English Arts Reflection as one of my evidences of growth and self-reflection.

I have learned an immense amount during my stay at VIU. I find that while I learned a lot during classes, however, nothing taught me more than the afterwards reflections I did on my learning. Just like a poet writes down to help him process his feelings, my reflections help me immensely in terms of digesting and processing the information I received.

I took to these reflections like a duck to water; most of them are very long, and all of them intertwine past experiences with the new knowledge. It is actually a pleasure for me to read through these, and as I do, the classes become fresh all over again.

This is an important piece of evidence as it displays my self-reflecting abilities as well as my commitment to career-long learning. Soup is good for the students, but also for the teachers!

How are personal development days arranged in your school?