PERSONAL REFLECTION TASK - YEAR 1

<u>Please Note:</u> This sample layout is NOT intended to be prescriptive. It is a suggested layout to be used at the teacher's own professional discretion. Any indication of marks is based on past exam papers and is not indicative of future marking schemes as these are determined by the State Exams Commission (SEC) each year. All feedback welcome @ lca@pdst.ie

- (1) Read the PRT Booklet and the advice on page 8 of this booklet
- (2) Read all the notes in your PRT folder
- (3) Use the writing grid below and over to help
- (4) Your PRT should be unique to you





- Type your PRT if possible
- Spelling/Grammar/Layout are important
- Copying is investigated
- Be clear/logical/positive/legible/fluent
- Don't repeat reflections
- Practice writing paragraphs or mini statements about a learning experience which was meaningful to you.

STARTING POINT

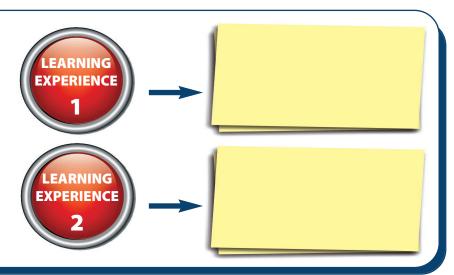
≈ 50 words

Eg.

- Why did you decide to do LCA?
- What hopes and concerns did you have?
- How was LCA going to help you
- Etc.....

Learning experiences you may choose to include in your year one reflective statement can be triggered by:

- A module that you felt was important to you.
- A task that you enjoyed or found challenging.
- Out-of-school activities that were part of Leaving Certificate Applied visits you went on.
- · Visitors that came to your class.
- The Enterprise Experience.
- An encounter or special moment of selfawareness.
- What the Leaving Certificate Applied meant to you overall.









| BEFORE | Write or record your expectations about how you felt before the experience Eg. I was looking forward to / nervous of / unsure ofbecause Etc |
|--------|---|
| | |
| | |
| | |
| | |
| | |

| - D | 11 | R | IΛ | IG |
|-----|----|---|--------------------|----|
| | u | | $\boldsymbol{\mu}$ | |

WHAT DID YOU DO? - Why / When / Where / How / How Long?

- Give a good description of the experience
- Describe your reaction to the experience. Use phrases such as
 - "I liked / did not like it because....."
 - "I will never forget it because....."
 - "It changed my mind / did not change my mind because....."
 - "I found it useful / interesting / helpful because....."

Your reactions must be based on some part of the experience.

• Use photos / drawings / diagrams / poems / etc to support / illustrate.

| LCA | PDST | 2 |
|------------|------|---|
|------------|------|---|

| NOW | How do you feel? Why? What aspects of your learning have improved? How? How have the experiences affected your thoughts, actions and plans for the future? What have you learned about your strengths, weaknesses and opportunities? Etc |
|---|---|
| | |
| | |
| | |
| | |
| UTURE | Describe how the experience may be useful or important for the future. |
| Has Has Dic | Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? If the experience given you any ideas about something else you would like to do in the future? W did it do this? If the experience discover anything new about yourself? How did it do this? If the experience helped you to improve / develop skills you might use in the future? How has it done this it help prepare you for future activities/experiences? In what way did it do this? |
| Ho • Has • Has • Dic | Would you like to do it again? If so, why? If the experience given you any ideas about something else you would like to do in the future? W did it do this? If the experience discover anything new about yourself? How did it do this? If the experience helped you to improve / develop skills you might use in the future? How has it done this lit help prepare you for future activities/experiences? In what way did it do this? |







| BEFORE | Write or record your expectations about how you felt before the experience |
|--------|--|
| | Eg. I was looking forward to / nervous of / unsure ofbecausebecause |
| | Etc |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

| | ה | П | R | I٨ | IC |
|---|---|---|---|----|----|
| L | _ | U | ĸ | IN | U |

WHAT DID YOU DO? - Why / When / Where / How / How Long?

- Give a good description of the experience
- Describe your reaction to the experience. Use phrases such as
 - "I liked / did not like it because....."
 - "I will never forget it because....."
 - "It changed my mind / did not change my mind because....."
 - "I found it useful / interesting / helpful because....."

Your reactions must be based on some part of the experience.

• Use photos / drawings / diagrams / poems / etc to support / illustrate.

| LCA | PDST2 |
|------------|-------|
|------------|-------|

PERSONAL REFLECTION TASK - YEAR 1

| How do you feel? Why? What aspects of your learning have improved? How? How have the experiences affected your thoughts, actions and plans for the future? What have you learned about your strengths, weaknesses and opportunities? Etc | | How do you feel? Why? |
|---|---------------------------|--|
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | What aspects of your learning have improved? How? How have the experiences affected your thoughts, actions and plans for the future? What have you learned about your strengths, weaknesses and opportunities? |
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| Describe how the experience may be useful or important for the future. Would you like to do it again? If so, why? Has the experience given you any ideas about something else you would like to do in the future? How did it do this? Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| Has it helped you to discover anything new about yourself? How did it do this? Has the experience helped you to improve / develop skills you might use in the future? How has it done the | Wo Has the ex | ould you like to do it again? If so, why? Apperience given you any ideas about something else you would like to do in the future? |
| • Has the experience helped you to improve / develop skills you might use in the future? How has it done the | | |
| | Has it helr | |
| • Did it help prepare you for future activities/experiences: in what way did it do this: | | perience neiped you to improve / develop skills you might use in the future? How has it done this |
| | Has the ex | |
| | Has the ex Did it help | prepare you for future activities/experiences? In what way did it do this? |
| | Has the ex | |
| | Has the ex Did it help | |
| | Has the ex Did it help | |
| | Has the ex Did it help | |
| | Has the ex Did it help | |
| | Has the ex Did it help | |
| | Has the ex Did it help | |
| | Has the ex Did it help | |
| | Has the ex Did it help | |
| | Has the ex Did it help | |
| | Has the ex Did it help | |





SUMMARY

Look back at your starting point

| | HOW / WHY?? |
|--|------------------------------------|
| What have you found out about yourself | |
| What did the two experiences teach you | |
| Do you work any differently now than last —> year | |
| The ways LCA helped me plan for my future are because (must include more then 1 point) | |
| | |
| | |
| | |
| | |
| How can you use your learning e | experiences to help you next year? |
| | |
| | |
| | |
| | |
| Next year I will: | |
| I need help in: | |
| During the summer I will: | |
| | |

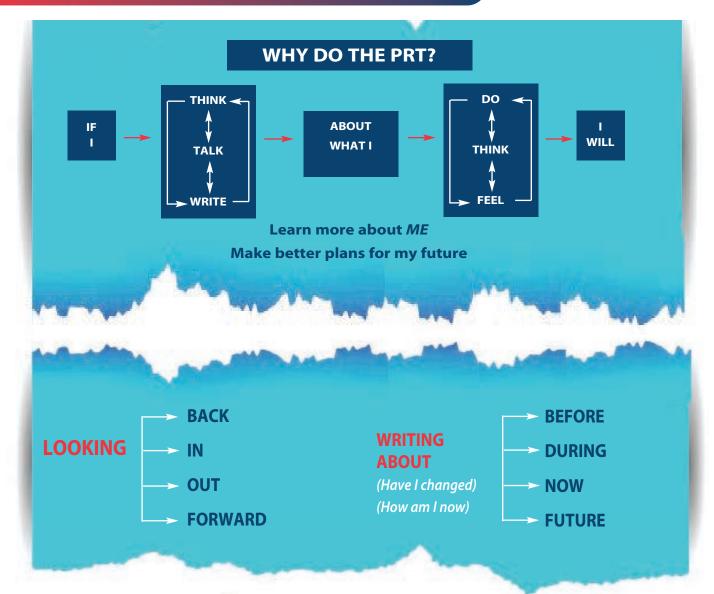


NOTES

| |
|------|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |



PERSONAL REFLECTION TASK - YEAR 1



| How PRT 1 is marked | <u>I</u> | |
|---------------------|----------|--|
| FOCUS | 5% | 2 experiences, related to LCA |
| PERSONALISING | 5% | Meaningful and effective use of "I" statements |
| STARTING POINT | 5% | Feelings, expectations, clearly outlined |
| DESCRIPTION | 5% | Well analysed, good use of value judgements |
| PRESENT POSITION | 5% | Self-awareness supported by evidence |
| FUTURE | 5% | Be specific |
| COMMUNICATION | 5% | Clear, legible, well laid out |
| ORGANISATION | 5% | Logical, easy to follow, no repetition |
| | | |

- Read something your friend has written and ask him/her some questions about it and he/she should do the same for you.
- Discuss your reflections with someone else because you will learn from the feedback you receive
- After writing your final draft, copy and save your PRT 1 Statement. You will need it next year to help with writing PRT Part 2. PRT Part 1 must be sent in to the SEC in May.

<u>Please Note:</u> This sample layout is NOT intended to be prescriptive. It is a suggested layout to be used at the teacher's own professional discretion. Any indication of marks is based on past exam papers and is not indicative of future marking schemes as these are determined by the State Exams Commission (SEC) each year. All feedback welcome @ lca@pdst.ie

