

Course:  
Self-Eval #:

Name:

The grid below asks you to reflect on our course values as they relate to key areas of “doing class.”

Pick **four** boxes to write in below (not all of them!). Write a **paragraph** reflecting on how you have activated the value with respect to that component of class. Mention specific example(s) from a class session, assignment, pod time, etc. if useful.

Additionally, on the **green line** after each category, fill in the grade you would give yourself (0-4.0 scale).

It should take 20 min or so to complete this form.

	Openness	Vulnerability	Fun	Respect + Compassion
<b>Taking care of your health and wellness</b> ■				
<b>Coming to class prepared and ready to go</b> ■				
<b>Participating in class sessions, however is best for you</b> ■				
<b>Getting assignments in and being proactive about your needs</b> ■				

### Final reflection

Looking at your reflections above, are there any areas where you'd like to grow next month? What specific steps can you take to grow in this area? What specific support do you need from other people (including your processor) to grow in these areas?

