



Lesson AHS.31

USING EVALUATION AND REFLECTION

Unit. Stage Three of Development—DO

Problem Area. How Do We Create and Accomplish Our Vision?

Precepts. **A8:** Evaluate and Reflect on Actions Taken and Make Appropriate Modifications.

National Standards. NL-ENG.K-12.3 — Evaluation Strategies — Students apply a wide range of strategies to comprehend, interpret, evaluate, and appreciate texts.



Student Learning Objectives. As a result of this lesson, the student will ...

- 1 Define evaluation and reflection.
- 2 Explain why evaluation and reflection are important to success.

3 Identify methods for evaluation and reflection.



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Time. Instruction time for this lesson: 50 minutes.



Resources

- Conger, J. A., G. M. Spreitzer, and E. E. Lawler, III., "The Leader's Change Handbook," San Francisco, Jossey-Bass, 1999.
- Covey, S. R., "7 Habits of Highly Effective People: Powerful Lessons in Personal Change," New York, Simon & Schuster, Inc., 1990.
- DePree, M., "Leadership Is an Art," New York: Dell Publishing, 1989.
- Kouzes, J. M., and B. Z. Posner, "The Leadership Challenge," San Francisco, Jossey-Bass, 2002.



Tools, Equipment, and Supplies

- ✓ Writing Surface
- ✓ Overhead Projector
- ✓ AHS.31.TM.A
- ✓ AHS.31.TM.B
- ✓ AHS.31.AS.A—one per student
- ✓ AHS.31.Assess—one per student
- ✓ Blank Sheets of Paper—two per student
- ✓ Crayons—several per student

Key Terms. The following terms are presented in this lesson and appear in bold italics:

- **Self-evaluation**
- **Self-reflection**



Interest Approach

Instruct the students:



Today we will be working individually on self-evaluation and self-reflection.

Activity

Hand out two sheets of paper to each student.



What is the most perfect thing in the world? Think about that question and write your answer on a sheet of paper.

Allow the students a minute or two to write about the most perfect thing in the world. Call upon a couple of students to share their answers. For each item that they suggest, ask the rest of the class:



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Is this thing the most perfect thing in the world? What could make it better?

Take suggestions and initiate a discussion about evaluation and improvement.

Alternate Activity



What is one thing that you could change or assist in changing to make the FFA chapter better? Take a minute or two to think about something upon which you could improve. Write your answer on a scrap piece of paper and be ready to share your answer when I call on you.

Allow the students a minute or two to write about something that they could improve about the FFA chapter.

SUMMARY OF CONTENT AND TEACHING STRATEGIES

Objective 1. Define evaluation and reflection.

Instruct the students:



For today's lesson, you will be learning about self-evaluation and self-reflection for personal and organizational improvement. Most of the lesson will involve individualized work. This activity requires you to listen carefully, think creatively, and share your ideas with the class.

Activity



Describe your most perfect day. Take a few moments to use the crayons provided to draw a representation of the most perfect day that you have ever experienced.

Students will be using a blank sheet of paper to assimilate information about their most perfect day in a Picasso Moment. Ask students:



How can you pictorially represent the perfect day? What would be included in the picture?

The Picasso Moment requires students to synthesize information. Allow a few minutes for students to complete this activity.

Provide the following information on the writing surface and instruct students to capture the information in their notebooks. Use AHS.31.TM.A as a diagram to teach this portion of the lesson. Relate key terms given in student definitions to the definitions given below.

- I. **Self-reflection** is the process by which a person recalls past actions, thoughts, and feelings in order to consider future decisions, activities, and goals. **Self-evaluation** is the process



whereby a person analyzes his or her reflections to consider their successes or shortcomings.

A. Both self-reflection and self-evaluation are important for a person's future growth and development. One must understand the past in order to develop success in the future.

B. In order to make a difference or a change in an organization or in the world, the first step is to make a difference or a change in oneself.

Objective 2. Explain why evaluation and reflection are important to success.

Instruct the students:



Think about why evaluation and reflection are important to success. This activity requires you to listen carefully, think creatively, and share your ideas with the class.

Activity

Teach the following material using a Me-You-Us Moment. This strategy creates a comfortable environment that encourages each student to contribute his or her ideas. First, each student thinks about the question and writes down his or her answer, which is the “me.” Next, students share with one or two others as they compare and modify their answers, which is the “you.” Finally, small groups or individuals share their answers with the entire class, which is the “us.”



Think about the following question and activity and write down your answers, which is the “me.”



Share with one or two others as you compare and modify your answers, which is the “you.”



Finally, small groups or individuals share your answers with the entire class, which is the “us.”



Why are self-evaluation and self-reflection important to success?



Before we can implement changes and improvements, we need to know what to improve or change. We accomplish this through self-reflection and self-evaluation. Develop a list of why self-reflection and self-evaluation are important to the success of a leader and an organization.

Allow a few minutes for students to complete this activity.

Provide the following information on the writing surface and instruct students to capture the information in their notebooks. Relate key terms given in student definitions to the definitions given below.

- II. For a person to be successful in an activity or organization, he or she must be confident in his or her personal abilities, knowledge, and goals. When a person reflects upon and evaluates his or her past performance, then he or she understands certain limitations and develops the confidence to improve.



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- A. Confidence comes from knowing the limits of current skills, knowledge, and abilities, and from the assurance of growth and improvement in the future.
- B. Reflection on and evaluation of past performance is the one true method of transforming a personal “good” into a “better” and eventually into a personal “best.”

Objective 3. Identify methods for evaluation and reflection.

Instruct the students:



Think about methods for self-evaluation and self-reflection. This activity requires you to listen carefully, think creatively, and share your ideas with the class.

Provide the following information on the writing surface and instruct students to capture the information in their notebooks. Use AHS.31.TM.B to facilitate instruction about Objective 3. Relate key terms given in student definitions to the definitions given below.

III. Methods of self-reflection and self-evaluation often involve quiet, peaceful times during which a person can think and carry on a dialogue with his or her inner self.

- A. People deeply committed to self-reflection and self-evaluation often keep a journal in which they collect their thoughts and reflect on the day's or week's experiences. By writing or typing thoughts onto paper or a screen, a person often grows to understand intimate feelings and thoughts about the past.
- B. Physical activity, such as running or walking in the woods, provides an escape from the hectic world. The person can "zone out" and think about recent events, analyzing them for future reference.
- C. Listening to music, especially classical or relaxing music, tends to expand the mind and relax tensions, allowing a person to reflect more deeply. When the radio blares in a car or the television maintains a constant din, a person does not focus inwardly, but outwardly to the world. A loud radio or a television does not provide quality listening to enhance self-reflection or self-evaluation.
- D. Immediately reviewing an action or thought allows the person to catalog the result quickly. Actions or comments that do not provide the desired result should be analyzed for their efficacy soon after the event.



- E. Intimate discussions with close friends allow a person to express his or her feelings, fears, goals, aims, and intents. Often these intimate discussions are mostly one-sided. In order to complete our thoughts, communication is often necessary. When we say things, we hear how good or poor they sound.
- F. Reading relaxes the mind and often provides new ideas and perceptions with which to view the world. Reading is a good way to reflect on past experiences, since reading focuses the mind to create vivid pictures of distant places, people, and ideas, similar to reflection.
- G. Evaluating performance against goals allows a person to assess his or her progress toward the goals and aims.

Activity—Pass out AHS.31.AS.A.



Create a personal self-reflection and self-evaluation plan. Use AHS.31.AS.A to facilitate creating a self-reflection and self-evaluation plan.

Allow the students several minutes to complete this activity.



Review/Summary

Instruct the students:



Think about the value of self-reflection and self-evaluation and methods for employing each. This activity requires you to listen carefully, think creatively, and share your ideas with the class.

Activity

Review the previous material in a Marcel Marceau Moment. Students create mime motions for examples of values or methods of self-evaluation and self-reflection. Others guess the answer and explain how the motion helps them to remember the content. This is similar to a Motion Moment in that students connect content to a body motion or gesture. The Marcel Marceau Moment lets students create their own motion, whereas the Motion Moment is teacher-generated. Say:



Each of you will create a mime motion for an example of a value or a method of self-evaluation and self-reflection.



While each student is presenting his or her mine, the rest of the class will try to guess the answer. Who wants to go first?

At this time pass out AHS.31.Assess.



Application

►Extended Classroom Activity:

Ask students to maintain a weekly journal about topics in the agriculture class.



► FFA Activity:

Ask students to maintain a weekly journal about issues concerning the FFA chapter.

► SAE Activity:

Students should complete the American Degree Star battery to reflect on their SAE and its improvement.

✓ Evaluation

AHS.31.Assess

Answers to Assessment:

Part One: Matching

1. a
2. b

Part Two: Completion

1. difference, oneself
2. confidence, knowledge
3. good, better, best

Part Three: Short Answer

1. Often involve quiet, peaceful times during which a person can think and carry on dialogue with his or her inner self.
 - Keep a journal, in which you collect your thoughts and reflect on the day.
 - Physical activity, such as running or walking in the woods, provides an escape from the hectic world.
 - Listening to music, especially classical or relaxing music, tends to expand the mind and relax tensions, allowing a person to reflect more deeply.
 - Immediately reviewing an action or thought allows the person to catalog the result quickly.
 - Intimate discussions with close friends allow a person to express his or her feelings, fears, goals, aims, and intents.
 - Reading relaxes the mind and often provides new ideas and perceptions with which to view the world.



AHS.31.Assess Name: _____

USING EVALUATION AND REFLECTION

►Part One: Matching

Instructions: Match the term with the correct response. Write the letter of the term by the definition.

- a. Self-evaluation
- b. Self-reflection

- _____ 1. The process whereby a person analyzes his or her reflections to consider successes or shortcomings.
- _____ 2. The process in which a person recalls past actions, thoughts, and feelings in order to consider future decisions, activities, and goals.

►Part Two: Completion

Instructions: Provide the word or words to complete the following statements.

- 1. In order to make a _____ or a change in an organization or in the world, the first step is to make a difference or a change in _____.
- 2. _____ comes from knowing the limits of current skills, _____, and abilities, and from assurance of growth and improvement in the future.
- 3. Reflection and evaluation of past performance is the one true method of transforming a personal

“ _____ ” into a “ _____ ” and eventually into a personal _____.”

►Part Three: Short Answer

Instructions: Provide information to answer the following question.

1. How can a person implement self-reflection and self-evaluation in his or her life?



AHS.31.TM.A

SELF-EVALUATION AND SELF-REFLECTION

- ◆ ***Self-reflection*** is the process by which a person recalls past actions, thoughts, and feelings in order to consider future decisions, activities, and goals.
- ◆ ***Self-evaluation*** is the process whereby a person analyzes his or her reflections to consider successes or shortcomings.
- ◆ Both self-reflection and self-evaluation are important for a person’s future growth and development. One must

understand the past in order to develop success in the future.

◆ In order to make a difference or a change in an organization or in the world, the first step is to make a difference or a change in oneself.



AHS.31.TM.B

METHODS OF SELF-REFLECTION AND SELF-EVALUATION

- ◆ Often involve quiet, peaceful times during which a person can think and carry on a dialogue with his or her inner self**
- ◆ Keep a journal in which you collect your thoughts and reflect on the day.**
- ◆ Physical activity, such as running or walking in the woods, provides an escape from the hectic world.**
- ◆ Listening to music, especially classical or relaxing music, tends to expand the mind and relax tensions, allowing a person to reflect more deeply.**
- ◆ Immediately reviewing an action or thought allows the person to catalog the result quickly.**
- ◆ Intimate discussions with close friends allow a person to express his or her**

feelings, fears, goals, aims, and intents.

◆ Reading relaxes the mind and often provides new ideas and perceptions with which to view the world.

◆ Evaluating performance against goals allows a person to assess his or her progress toward the goals and aims



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AHS.31.AS.A Name: _____

PERSONAL SELF-REFLECTION AND SELF-EVALUATION PLAN

Activity / Action:

Comments / Evaluation:

Ideas for Improvement:

