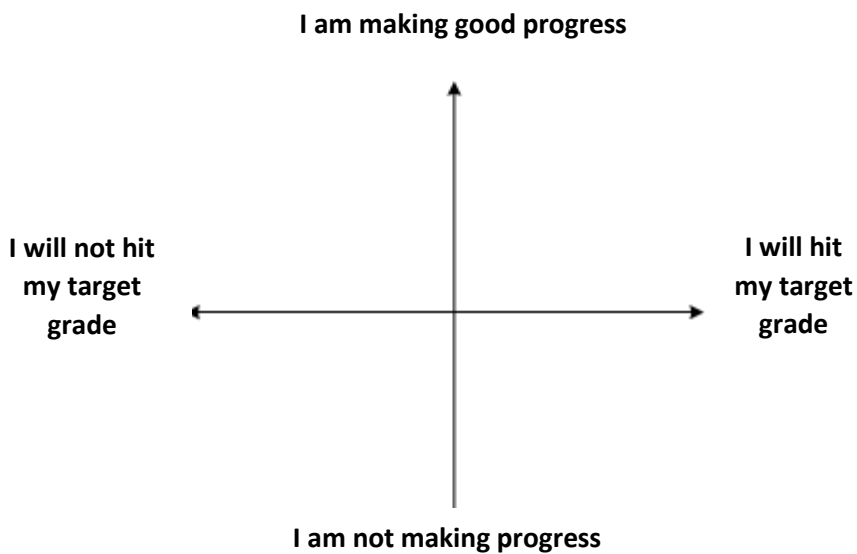


# Reflections

The purpose of this reflection document is firstly to help you identify the areas in your life that may be causing you issue, and; secondly to help you explore the impact of this. Complete the document as thoroughly as possible as this will help provide an overview of your current situation.

## 1. Subject Progress:

Plot each of your subjects on the quadrant below to indicate your feelings.



Key:

Subject	Colour

## 2. Achievements and Concerns:

So far this academic year what have you achieved and what are your concerns? Make a list below:

Achievements	Concerns

### 3. Independent Study:

a. How many hours per week do you spend completing work outside of your timetabled lessons?

Subject	0	1	2	3	4	5	6	7	8	9	10+

b. How many **study periods** per week do you use for each of your subjects:

Subject	0	1	2	3	4	5	6	7	8	9	10+

c. Where do you study and how effective is this?

Study location	Study periods use (High/Medium/Low)	Effectiveness of study location (High/Medium/Low)
Resource Centre		
Library		
Canteen		
Free classrooms		
LANG or Science Lobby		
At home		

### 4. Support

Detail any support you have accessed for each of your subjects. This may be self-help through the use of resources like a textbook, or help you have sought from others.

Subject	Additional support I am using (including revision guides, revision websites, 1:1 sessions with teachers, additional classes, lunchtime clubs, etc...)
Chemistry	<i>I have a tutor outside of school I see once a week. I am also using SnapRevise.</i>

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**5. Additional Commitments**

a. Do you have a **part time job**?    Yes    No

If YES then how many hours do you work on average per week? .....

b. Do you have any **additional commitments** outside of school? (This might include sporting activities, voluntary work, music lessons, clubs/societies you are a part of, caring for family members, etc...)

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c. How many hours per week do these additional commitments use? .....

**6. Further Concerns**

Are you concerned about any of the following (please highlight):

Eating habits	Bereavement	Physical health related issues	Contraception
LGBTQ+ related issues	Drugs/Alcohol	Family related issues	Friendship related issues
Mental health related issues	Future planning related issues	Crime related issues	Financial related issues

Other (please detail):