

# Journal Reflection



Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Directions:** Think about what you have learned from the case studies of Jim Carrey and Scott Adams, the Deepest Fears Poem, as well as your own web and write a paragraph by reflecting on the following questions:

- ★ Do you think that increasing your self-confidence makes you perform better?
- ★ What are the barriers and motivators listed in your web?
- ★ What events in your own life can you think of where encouragement from someone else increased your self-confidence and made you better at something (*e.g, a coach, teacher, relative, friend, etc.*)?
- ★ Describe a situation in which discouragement or criticism has damaged your self-confidence.
- ★ What strategies do teens use to improve their confidence level?

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# Influence Web Rubric

L2-A7

Name: \_\_\_\_\_

Categories	Level 1 (50-59%)	Level 2 (60-69%)	Level 3 (70-79%)	Level 4 (80-100%)
<p><b>Knowledge and Understanding</b></p> <p>Understands relationships between concepts related to the web and paragraph reflection</p>	Demonstrates limited understanding of relationships between concepts	Demonstrates some understanding of the relationships between concepts	Demonstrates considerable understanding of the relationships between concepts	Demonstrates thorough understanding of the relationships between concepts
<p><b>Thinking</b></p> <p>Use of critical and creative thinking skills to reflect ideas</p>	Uses critical and creative thinking skills to reflect with limited effectiveness	Uses critical and creative thinking skills to reflect with some effectiveness	Uses critical and creative thinking skills to reflect with considerable effectiveness	Uses critical and creative thinking skills to reflect with a high degree of effectiveness
<p><b>Application</b></p> <p>Transfer ideas to new contexts</p>	Transfers ideas and skills to a new context with limited effectiveness	Transfers ideas and skills to a new context with some effectiveness	Transfers ideas and skills to a new context with considerable effectiveness	Transfers ideas and skills to a new context with a high degree of effectiveness
<p><b>Communication</b></p> <p>Communication of information, ideas and experiences</p>	Communicates information, ideas, and experiences with limited effectiveness	Communicates information, ideas, and experiences with some effectiveness	Communicates information, ideas, and experiences with considerable effectiveness	Communicates information, ideas, and experiences with a high degree of effectiveness

**FINAL GRADE**

*Comments:*