

Senior Exit Interview Reflective Essay

The Reflective Essay

In grade 11, students will complete the reflective essay requirement of the senior exit interview process. The essay will be scored using a district-approved rubric. Special education students will be allowed accommodations and modifications as determined by the IEP teams in completion of this assessment. Students needing more guidance and mentoring may take the semester-long Senior Exit Interview Seminar course to assist in the completion of the reflective essay.

Reflective Essay Prompt

Directions for Writing: Write a reflective essay focusing on the senior exit interview. Describe the process, struggles, and dilemmas you have experienced in your planning and preparation for the senior exit interview. Use the rubric and the guidelines below in planning and developing your essay.

Reflective Essay Guidelines

Structure: Include one paragraph on each of the following topics--

- **Introduction:** Define the focus of your investigation into your personal career/life goals through the exit interview process. Consider the following questions:
 - What topic(s) have you investigated? You may talk about frustration you experienced in trying to decide what to do. Why did you discard other topics in favor of the one you chose?
 - Why did you choose the topic you did?
 - What were the goals of your investigation?
 - What questions did you have at the beginning? Did you want to learn something new? Career focus? Strong skill you possess?
 - What did you learn from this investigation?
- **Body Paragraph 1--Work Completed:** Describe in detail the steps you have taken and work you have completed in this investigation thus far. Consider the following questions:
 - What did you accomplish during your 9th grade year? 10th grade year? 11th?
 - What do you still need to accomplish?
- **Body Paragraph 2—Value/Impact:** Reflect upon the value and impact of the work you have completed in this investigation thus far. Consider the following questions:
 - What was the single most important lesson you learned during this investigation?
 - What level of impact did this investigation have on you?
 - Would this investigation be worth repeating? Why or why not?
 - Did you feel successful? How do you measure success?
 - Did this investigation uncover new opportunities for you?
- **Body Paragraph 3—Problem Solving:** Reflect upon the obstacles you encountered during this investigation. Consider the following questions:

- What was a major obstacle you encountered during this investigation? Did you anticipate the problem when you began? How did you attempt to solve this problem? What worked/didn't work?
 - It is possible that we learn more from our failures than our successes. Why would this be true? Do you have an example of this as it applies to your investigation?
 - Can you give us an example of how a seemingly "small detail" grew into a much larger issue? What did you do to "contain" it?
 - If someone else were going to complete an investigation similar to yours, what three things would you recommend he/she carefully consider in order to be successful?
- **Body Paragraph 4—Accountability:** Reflect upon your level of commitment and accountability during this investigation. Consider the following questions:
 - Knowing that this investigation and exit interview was a requirement for high school graduation, do you feel that you devoted adequate time and energy in its planning and follow-through?
 - Did this investigation significantly impact other areas of your life (e.g. schoolwork, job, family, social life)?
 - What untapped resources could be helpful as you complete your investigation in preparation for your exit interview?
- **Conclusion:** Reflect upon what you learned from this investigation. Consider the following questions:
 - How would you evaluate your investigation?
 - Were you successful in achieving the goals of your investigation? Explain.
 - What things would you do differently if you had to do it again?
 - How have you grown as a productive adult?

Requirements:

- Due before spring break of the junior year
- Submit hard copy (no digital formats) to the exit interview coordinator
- Must be typed (double spaced, Times New Roman, 12 pt. font)
- In order to complete this essay, you MUST have already started your project