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

**Three Things Prewriting Activity**

Directions: I would like for you to paint a picture of what kind of student you are/were in my classroom. So I need you to reflect on your experience in my class and tell me what three things I could discuss with other people about you. Consider a wide range of things: how you prepared for class, how you overcame obstacles, how you “figured out” the course and how to be successful in it – what “system’ you created, how you participated in class, how you made connections between class and real life, how you collaborated with others, how you demonstrated character, how you demonstrated enthusiasm, how you worked in groups, how you demonstrated leadership . . . that’s just a short list of ideas! Write your three ideas below, and then expand upon or explain them.

**1st Thing:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Explain the idea (if I could not observe it) or describe how it was observable in class:

**2nd Thing:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Explain the idea or describe how it was observable in class:

**3rd Thing:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Explain the idea or describe how it was observable in class:

More Reflections:

How has “sports medicine” influenced you, your future goals/dreams, and made you a better person?

What qualities do you bring to the table to benefit the sports medicine program? Elaborate on your strengths.

What do you feel are your weakest qualities in sports medicine? How could you improve them to become a better sports medicine student?

What is your most memorable “sports medicine’ moment?

What is your biggest “sports medicine” regret?

If you had the opportunity to do it all over, would you still have taken sports medicine?

Grade yourself using the following SCALE: Excellent, Good, Average (OK), or Failing

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Professionalism/Appearance: You exhibit poise and maturity when working with others, including Sports Medicine 1, 2, 3, and 4, coaches, and ATCs/First Responders.. You represent LRHS well. You display appropriate, neat attire, and are well groomed.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Initiative/Cooperation: You are ambitious. You seek out work without being told to do so. You are a self directed learner and try to find out answers for yourself. You ask questions and show a desire to learn. You work well with others and a willing to help others.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Attitude/Interest: You demonstrate a positive, enthusiastic, unselfish, and involved attitude. You set good examples for your peers in the sports medicine program. You show an interest in the well-being of others.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_Knowledge/Progression: You have an appropriate grasp of the material being taught in class. You are able to apply what we learn in class to real-life situations. You have demonstrated improvement through your volunteer experience in the athletic training room, at practice, and at games.

\_\_\_\_\_\_\_\_\_\_\_\_\_Quality/Amount of Work: You carry out tasks in detail and take safety precautions without the need of constant supervision. Your work is dependable and neat. You accept responsibility for your assignments and consider yourself a hard worker. You are eager and enthusiastic for each and every learning experience.