Physics *Name* _____

Period _____

New Unit's Resolution Reflection

Now that the unit is over and you did all the tests, quizzes, labs, homework problems and presentations it is time to reflect upon that resolution that you made at the beginning of the unit. Answer the following questions making sure to give specific examples so you can see if you tried your best to stick to your resolution

1. What was your resolution?

2. What steps did you say you would take to achieve this goal? For each of the steps you said you took give at least 2 detailed examples that prove you put forth full effort in following through with your resolution.
    a. Step 1:

    b. Step 2:

3. List at least two things that you saw as stumbling blocks or things that caused you to be unsuccessful at accomplishing your resolution. Then explain some actions you could take to do things differently next time.