

## Rubric for Reflection Papers

<b>DIMENSIONS</b>	<b>EXEMPLARY (A)</b>	<b>ADEQUATE (B)</b>	<b>INADEQUATE (C)</b>
<b>Logistics</b>	<ul style="list-style-type: none"> <li>• 1-2 pages, double-spaced</li> <li>• two copies, during Lab</li> <li>• no spelling/grammar errors</li> </ul>	<ul style="list-style-type: none"> <li>• provides notice &amp; reason prior to Lab re: late submission</li> <li>• minor errors</li> </ul>	<ul style="list-style-type: none"> <li>• late without cause</li> <li>• less than full page</li> <li>• more than 2 pages</li> </ul>
<b>Content</b>	<ul style="list-style-type: none"> <li>• informal, 1<sup>st</sup> person narrative</li> <li>• 1-2 events or topics in depth</li> <li>• topic is relevant to text, Lab</li> <li>• 75-80% their own response and <i>how it impacted them</i></li> <li>• 20-25% background info r/t “trigger” situation</li> <li>• emphasizes internal process</li> </ul>		<ul style="list-style-type: none"> <li>• written too formally</li> <li>• topic not relevant to Lab</li> <li>• skims several events/topics</li> <li>• running transcript of Lab, or “book report” or survey of host of topics</li> <li>• 50% or more describing response of others</li> </ul>
<b>Depth</b> (should demonstrate growth throughout semester)	<ul style="list-style-type: none"> <li>• identifies &amp; labels emotions; explores intensity, exaggeration or absence, appropriateness</li> <li>• identifies maladaptive thoughts</li> <li>• explores frequency and depth of participation and response</li> <li>• demonstrates an increasing level of self-awareness, openness and vulnerability during reflection</li> </ul>		<ul style="list-style-type: none"> <li>• fails to identify emotions, thoughts, behaviors</li> <li>• demonstrates a lack of self-awareness</li> <li>• fails to recognize their impact on Lab</li> <li>• superficial retelling of events without deeper engagement</li> </ul>
<b>Insight</b> (should demonstrate growth throughout semester)	<ul style="list-style-type: none"> <li>• explores possible reasons (motives, longings) behind emotions, thoughts, behaviors</li> <li>• identifies themes</li> <li>• makes meaningful connections from Lab to past events or present responses to people/situations outside Lab</li> <li>• identifies areas of growth, goals, possible risks</li> </ul>		<ul style="list-style-type: none"> <li>• unable to pinpoint driving forces (motives, longings)</li> <li>• unable to make meaningful connections</li> <li>• unable to identify areas of growth, goals, possible risks</li> </ul>

### Numerical grades:

- For outstanding papers which satisfy all if the criteria in the Exemplary column should receive a numerical grade of 100.
- For above average papers which achieve most of the criteria in the Exemplary Column should receive a grade of 96.
- For average papers (B) a numerical grade of 91 should be given.
- For papers that contain some of the criteria listed in the inadequate column, a numerical grade of 86 should be given.
- For papers which satisfy all the criteria in the Inadequate column, a numerical grade of 82. Should be given.
- For No Submission, a grade of 67 should be entered (not 0).