

Senior Capstone Reflection

Write a reflection about your senior capstone experience. Use MLA format. For PART A, a paragraph or two will be sufficient. For PART B, please make it 2 pages handwritten (or 1 page typed) using MLA format.

A. Reflection on your Senior Capstone

Take some time to really think about your capstone. Which part was the best (or your favorite)? Give a brief explanation for your choice. If you could do the capstone over again, what part of your capstone would you change? Why? If you would not change anything about it, explain how your choice exceeded your expectations. How did your capstone force you to go above and beyond your normal, everyday activities? (Do not discuss time management or laziness.) Do you feel your project challenged and pushed you to learn about the career in ways you never thought of before? Why or Why not? (Hint: Was this a learning stretch for you? How so? If not, how would you change it to make it a learning stretch?)

B. Project Process Reflection

In 2 pages handwritten (or one-page typed) response, please address the question below regarding your experience and how we might improve the Senior Capstone for future seniors.

The point of this assignment is not to complain but rather to offer constructive criticism that offers suggestions for improvement.

Since Senior Capstone will not disappear, what constructive criticism could you give to help improve the process/requirements of the Senior Career Capstone? You can choose one or more of the areas to reflect upon for improvement.

- Teaching of Components
- Classroom Time
- Presentation – (Stand and Deliver and Senior Boards)
- Content/Topics
- Requirements (proposal/rationale, research paper, site/log, letter to the judges, forms)
- Approval Process
- Facilitator
- Scoring (Weight of Grades)
- Career Focus
- Other?