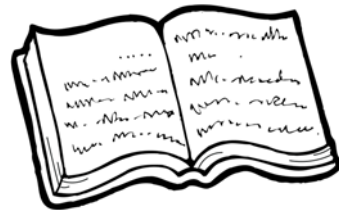


Reflective Writing Checklist

DIRECTIONS: Use the checklist below to see if your essay includes all the requirements of a reflective essay.

- My reflections are included at the beginning.
- My reflections are included throughout the essay.
- The conclusion of my essay includes my reflections.
- My essay describes my feelings.
- My essay describes what I saw.
- My essay describes what I heard.
- My essay describes what I felt.
- My essay describes what I smelled and/or tasted.
- My essay describes how I reacted to the event(s).
- My essay describes how others reacted to the event(s).
- My essay includes what I learned or what insight I gained.



What do you need to improve in your essay?