



We envision a Jamaica where students are inspired and empowered to succeed and to positively impact their community.

REFLECTIONS

Looking back at our lives and our actions allows us to better understand our experiences and to find the lessons within each one. Reflections are beneficial to us and it provides a medium for us to grow.

Why should we write reflections?

There are many reasons to write reflections, but the most important things to understand and grasp is that reflections are good for:

- Gaining new perspectives- Newer perspectives on life comes from how we manage ourselves and finding opportunities to improve.
- Reviewing life lessons that were learnt - You can look into experiences and find out what is the take-away message and hope you can use this in the future

For this year's camp, you will be conducting two reflections.

REFLECTION #1 "WHAT IS MY GREATEST WEAKNESS"

RECOMMENDED FORMAT

Paragraph 1: Describe what does a weakness mean to you. You can use a quote about weaknesses and/or define weakness in your own words. You can find a brief example of someone famous or a story about weakness. End the paragraph with a statement what is your greatest weakness and how you are trying to overcome.

Paragraph 2: Describe your weakness. You can give definitions and use examples of how this weakness harms your development to be your "best self". You can speak to how this weakness of why it is important to work on this weakness.



We envision a Jamaica where students are inspired and empowered to succeed and to positively impact their community.

Paragraph 3: Describe possible solutions to this weakness and how you can apply these solutions to your life. You can also describe a life where you have this weakness controlled.

Paragraph 4: Conclusion. You can take the main idea from each paragraph and express them here. You can also follow other conventions taught in school regarding essay conclusions. Remember you must briefly outline the weakness and possible solutions.

REFLECTION #2 “LESSONS FROM THE CAMP”

You are required to complete a reflection of what you have learnt from the camp. You must discuss at least three main lessons with examples of experiences (tutorials or sessions). The reflection must be a page minimum and include an introduction and conclusion.