



Overview of Reflection Paper Requirements

1 credit = 3 pages	2 credits = 6 pages	3 credit = 9 pages
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Each graduate-level credit requires a 3-page, typed, single-spaced reflection paper. Try to incorporate the following key points into the structure of your report.

Activities, projects, strategies, or techniques of implementation:

Describe the activity, project, strategy, or technique that you developed as a result of completing a Yoga 4 Classrooms workshop, webinar, live webcast or online course. Be sure to include materials and resources utilized. For example, handouts, [Y4C Activity Card Decks](#), visual aids, props, books, learning strategies, etc. Detail why you chose this idea and how it fits into your professional development needs or those of your learners. Explain the actual process of introducing your project and the methods used for instruction.

Population target: grade level, type of class, groups:

Define the needs and goals of the learners that you designed these ideas for and how they might correlate to their specific needs and/or core objectives. Indicate if these learning methods were designed for special need students, specific groups within a class, developmental ages, etc.

Objectives and goals:

Describe the specific targeted learning objectives and how they related to the goals of your instructional program. Try to correlate the objectives/goals to the specific activity/project you presented. Possibly correlate, when appropriate, the objectives/goals with the Common Core Standards set by for your curriculum.

Evaluation methods utilized:

Describe how you evaluated the success of the projects you developed. What methods or criteria did you use to assess your achievement of specific goals?

Overall outcomes and reactions:

Include your personal assessments of how the learning objectives and goals were achieved. What were the reactions of your learners? How would you redesign or change the methods utilized with future utilization of the projects?

**Additional course guidelines, formatting requirements and information will be provided upon course enrollment.*