


Personal and Social Skills Reflection Guide



Complete each worksheet and submit according to the schedule on the course outline.

Name: Sarah Kangas
 Worksheet # 1: Personal & Social Skills Reflection

	How will each of these qualities affect you in this class?	How will each of these qualities affect you outside the classroom?
A Positive Attitude	It will not only make the class more enjoyable to me, but also to my classmates and professor. <i>Yes</i>	Other students and friends will be more friendly back to me.
Respect for Others	Eliminates any type of negative behavior and allows me to treat others as I would want them to treat me.	Displaying good manners and acting in an appropriate manner.
Hard Work	Allow me to progress in the class and to focus on the task being performed.	Give a greater sense of accomplishment in what I've done. 

How would you describe your current behavior relative to these attributes?

I strive to reach each of these attributes in my everyday life. I love the challenge of hard work, both physical and mental. I feel that I respect others, but I can always improve in this area, same as the positive attitude.

I can see that this is a true reflection of who Sarah is!

Name: Sarah Kangas

Journal Entry #3

Date: 9/15/11



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Benefits of Participation in Physical Activity

Physical activity can provide opportunities for enjoyment, challenge, self-expression, social interaction, and health improvement. Think over your experiences you have had during this unit in track and field. For your journal submissions during weeks 2-6, circle one of the following benefits you have experienced from your participation in track and field. Write a paragraph for the benefit you circled and describe why this was important to you. By the end of week 6 you should have a journal entry covering benefit.

enjoyment

challenge

self-expression

social interaction

health improvement

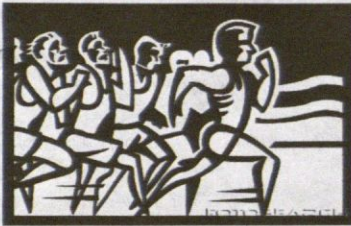
I have no experience in Track + Field so it has been an exciting challenge learning all the new skills and trying my hardest in doing so. While learning the shot-put progression I was surprised on how quickly I was able to pick it up. Another challenging skill to learn is the sprint start out of the starting blocks. I enjoy the challenge of being faced with something unfamiliar and then working my way through the situation.

You always put your
all into new activities —
Thank you for that enthusiasm!

Name: Sarah Kangas

Journal Entry #6

Date: 10/6/11



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Benefits of Participation in Physical Activity

Physical activity can provide opportunities for enjoyment, challenge, self-expression, social interaction, and health improvement. Think over your experiences you have had during this unit in track and field. For your journal submissions during weeks 2-6, circle one of the following benefits you have experienced from your participation in track and field. Write a paragraph for the benefit you circled and describe why this was important to you. By the end of week 6 you should have a journal entry covering benefit.

enjoyment

challenge

self-expression

social interaction

health improvement

When I enjoy something, I am more focused on the task at hand and learn quickly. I have really enjoyed the past few weeks of Track + Field. It was tough at times when trying to learn a new skill, such as the discus, but once I successfully completed the skill I was able to have fun with the skill being practiced. As I progressed in my ability to perform the Track + Field skills, I noticed that I was able to enjoy the activity and I didn't have to worry about trying to correctly perform the cues of the skill.



great improvements
Sarah — a
tribute to your
hard work!