

Write a Reflective Informal Essay

Use these traits for this essay:

organized, friendly, curious,
courteous, forgiving, hopeful,
grateful, teachable, enthusiastic,
respectful, persistent, courageous,
flexible, adventurous, discerning,
sincere, peaceful, trustworthy,
dependable, loyal, resilient,
patient, thoughtful, observant,
helpful

A. Think deeply.

1. What 'Bridge of Character' traits do you already show at school? (3)

2. What is your evidence?

E.g.

There are some traits that I am beginning to master. I am very peaceful at school: I do not get upset even when there is an unexpected test. I am trustworthy: the teacher sends me down to the office with money sometimes and I safely deliver....

B. Think courageously.

1. What 'Bridge of Character' traits are difficult for you and are holding you back from doing well at school? (3)
2. What is your evidence?

E.g.

There are some traits that I find difficult. Persevering, rather than getting distracted, is hard for me: often in class I look around the room rather than putting my head down and getting work done...

C. Think clearly.

1. What 'Bridge of Character' trait is most urgent for you to learn right now? (1)
2. What is your evidence?

E.g.

Right now, I really need to learn to be patient. I do not like waiting in the canteen queue. I loathe waiting for people to get out of the way so I can get to my locker. I really hate it when I have to be quiet in class when I am ready to talk with other students about my work. I cannot even understand why I should be quiet! I think I should have the right to talk whenever I want! But I know I am wrong. I know I really have to behave as part of a group and be thoughtful of others who need a quiet environment in order to get their work done. So, I need to learn patience. Right now!

Reflective Paragraphs

E.g.

Right now, I really need to learn to be more resilient. Whenever the teacher frowns at me, I think she hates me. Whenever I get a poor mark on an assignment, I am positive that I am dumb. Whenever I get corrected on anything, I feel like giving up and dying. What is the point? Why try? I am obviously not perfect, so I may as well give up! I know I am being silly, but I cannot stop my brain from telling me I am worthless. So, I really need some help in learning tricks for being resilient.