

# Student self-reflection

This exercise is to help you prepare for your 1-1 Recovery conversation. A member of staff will lead the conversation, which will focus on how the coronavirus and lockdown has affected your well-being, and any concerns that you may have. We have a range of support networks so if you do not want to speak to someone at school, we can arrange an alternative.

The conversation will also focus on the work that you have submitted during lockdown so far as well as looking to how you can do your best over the rest of this half term in preparation for September. Please answer the questions below as honestly as you can. There will be no penalties for being honest and your responses will be dealt with sensitively.

To begin, please fill in your name and form:

**NAME:**

**FORM:**

1. We know that the last 12 weeks have been a very 'different' experience for most of us. How difficult have you found the recent 'lockdown'? Circle the one that applies to you.

Not at all	A few difficult days	Quite a lot of difficult days	Very difficult most of the time
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2. Are there things you would like to discuss with someone? If 'yes' circle those issues relevant to you. We can then direct you to the most appropriate person in our pastoral team.

Family issues	Friendship issues	Bereavement / Loss	School work	Worry about the virus	Other
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3. How often have you worried about your schoolwork? Circle the one that applies to you.

Not at all	A little	Quite a lot	All the time
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4. How much work have you submitted? Circle the one that applies to you.

No work	Less than expected	Expected amount	More than expected
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5. Think about the quality of the work that you have submitted. Circle the one that applies to your work.

No work done	Below standard	Acceptable standard	All done to the best of my ability	Depends on the subject
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6. How easy has it been to access the work?

Unable to access at all	Difficulties with devices and / or internet	Varied between subjects	Straightforward for most subjects	No issues at all	I received paper copies of work	Other (Please state)
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7. To help us with future planning, what types / aspects of work did you enjoy?

Research work	Project work	Internet work e.g. 'My Maths'	Exam Questions / Tests	Revision questions	Powerpoint presentations	Microsoft teams	Other (Please state)
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8. Which (if any) of the following issues affected you?

Sharing laptop or PC	Internet issues	Difficulties with email passwords etc	Difficulties with Microsoft Teams	Understanding the actual work set	None
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9. Is there anything else that you would like us to know or anything you would like us to help you with which we have not addressed in the above questions?

Yes (Please give details)	No
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It might be a good idea either to print yourself a copy of this questionnaire so that you can refer to it in your 1 to 1 recovery conversation, or if you don't have a printer handy, you could take a screen shot / picture of the screen so you have a copy on your phone that you can refer to if necessary.

Thank you for completing this survey. We appreciate your honesty!