

## Reflective Journal Rubric

4	3	2	1
<b>Content Understanding</b>			
I look at my learning experiences and identify areas of scientific knowledge I have learned.	I describe what I learned in concrete detail.	I describe some thoughts about my learning in concrete detail but am vague about others.	I describe my learning in vague, general terms.
<b>Process Growth</b>			
I describe the processes I used to think and act like a scientist, and I find concrete areas where I did well and where I could improve.	I describe my scientific inquiry processes in concrete language.	I describe my processes in unclear language.	I do not describe my processes.
<b>Goals</b>			
I think about my experiences and set achievable goals that will challenge me. I am specific about how I will measure my progress toward my goals.	I set challenging goals and describe how I will measure my progress.	I set goals, but they may be too challenging or not challenging enough.	I do not set goals.