

Name: \_\_\_\_\_

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## Textmasters—Self-Reflection Sheet

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Meeting Date: \_\_\_\_\_

**Self-Reflection:** Read through each statement below and rate yourself on how you participated in today's group discussion. Please mark an X in the column that you think best describes how you did today.

Type of Contribution	Very Good	Satisfactory	Needs Improvement
I shared my ideas and offered my suggestions.			
I spoke clearly and slowly enough to be understood.			
I answered others' questions.			
I remained on topic and helped the group stay focused.			
I encouraged others to participate if needed.			
I disagreed without hurting others' feelings.			
I summarized or repeated my ideas when necessary.			
I gave reasons for opinions.			
I listened courteously and effectively.			
I tried to understand and extend the suggestions of others.			

My most important contribution to the discussion today was:

One thing I can improve for next time is: