

Reflective Exercise

<i>Reflection Exercise Rubric</i>	<i>Acceptable</i>	<i>Unacceptable</i>
Context	Reflection paper provides evidence (through the use of description, details, and relevant examples) that the student has participated in the assigned exercise/program and then objectively examined the topic and the student's behavior.	Reflection paper is shallow and does not present a detailed and relevant reflection about the participating in the exercise/ program, topic and the student's behavior.
Completeness	Thoroughly addresses all elements of the sanction including summary of learning that took place, action plan, and what to do in remaining time at Mason.	Fails to address the majority of the elements assigned in the sanction including summary of learning that took place, action plan, and what to do in remaining time at Mason.
Format	Written with clarity, organization, smooth transitions, and no spelling or grammatical errors. Paper is neatly typed, double-spaced, 12 point regular font, one-inch margins, and meets required word or page length.	Paper is unorganized and the main points are difficult to understand. Spelling or grammatical errors distract from the paper. Paper does not meet required word or page length, or is improperly formatted.