

Freshman Year Personal Reflection Paper Instructions

The reflection process is a required part of the Saint Viator Christian Service Experience. A student's Christian Service requirement will not be considered fulfilled until the reflection process is completed. This reflection process will give students an opportunity to relate their Christian Service Experience to the teachings of Jesus and the Catholic Church and apply the lessons learned to their own lives.

Each year students will also be required to complete one Personal Reflection Paper. This can be done any time after the student has completed at least 20 hours of service for that year. The student should choose the experience that had the most profound affect on them personally to use as a basis for the Theological Reflection.

Format Instructions for the Personal Reflection Paper:

The Personal Reflection must:

- Be 2 pages typed and double spaced
- Be 12 point, Times New Roman Font
- Have 1 inch margins on all sides of the paper
- Not be double spaced between paragraphs
- Be proof read and spell checked
- Have the name of the student and the year of graduation on it

Papers should be turned in to the Service Coordinator in Campus Ministry by June 15th

Content Instructions for the Personal Reflection Paper:

1. Describe a memorable or significant experience from your overall service work.
2. Describe things you learned about yourself or how it has changed you. For example:
 - Strengths or weaknesses you recognized in yourself
 - Particular things you liked or disliked about your work
 - New abilities you discovered about yourselfBe specific. Support each of your statements with specific evidence/examples.
3. Explain how your experience helped you:
 - Learn something new about the people you worked with
 - Experience and/or realize the presence of God in your life

Papers will be reviewed by the Christian Service Coordinator or other Saint Viator High School Faculty. Papers that are not deemed satisfactory may be returned to be rewritten and resubmitted.

The Saint Viator High School Academic Integrity Policy applies to all
Personal Reflection Papers.