

Senior 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.

Reflection describes the process of deriving meaning and knowledge from experience. Virtually all thought entails some level of reflection. Effective reflection connects learning with experience. 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.

A Personal Reflection Paper 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.

Senior reflection papers should be turned in to the Service Coordinator in Campus Ministry no later than April 15th

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

Content Instructions for the Personal Reflection Paper:

1. Read the Profile of Saint Viator High School Graduates.
2. Reflect on how your service experience relates to the Profile
3. Write your reflection paper describing how your service experience will allow you to continue embracing and living out the profile of Saint Viator High School Graduates.

Use specific examples from your service experience in your paper.

You must relate your experience to bullet point #4 (seek to be leaders within their faith community who model the values embodied in the Gospel message)of the Profile of Saint Viator High School Graduates.

You must also relate your service experience to any other 2 bullet points of your choice from the Profile.

PROFILE OF SAINT VIATOR HIGH SCHOOL GRADUATES

Saint Viator High School graduates reflect the Viatorian values of life-long, collaborative learning within a Catholic community. They have benefited from instruction that responds to a variety of learning styles. Our graduates are critical thinkers who have the ability to recognize and evaluate information and apply appropriate solutions. Enhancing a global perspective, they are dynamic creators, communicators and collaborators. They seek to reach their maximum potential intellectually, physically, spiritually and emotionally as they meet challenges of the world.

As members of a Catholic and global community, Saint Viator graduates...

- understand Catholic history, traditions, and beliefs resulting in the ability to make moral judgments based on Catholic principles;
- possess a developed sense of respect for self and others and respond to the needs of others with caring service;
- cultivate the ability to make responsible life choices;
- seek to be leaders within their faith community who model the values embodied in the Gospel message;
- accept and respect other cultures, traditions and values;
- master the essential concepts and skills of each discipline;
- solve problems collaboratively with an international perspective;
- navigate using discernment and evaluation the vast quantities of information available in the twenty-first century via changing modes of technology;
- possess a sense of pride in their country, religious tradition and family.