My Choice Decision Making Self-Reflection Paper

Objective:
This is a chance to demonstrate that you have learned and grown from this disciplinary experience. This paper is an opportunity for you to take responsibility and learn from your actions. It is a venue for you to express, respectfully, your agreement or disagreement with what your experience has been with your particular situation.

Paper Content:
Please address each of the following issues for your paper:

1. Describe what actions led to your doing this paper?

2. Describe how you decided on your actions in the incident(s). For example, what values, hopes, or visions led you to believe these actions were acceptable? Did you consider the impact of your actions on others?

3. What impacted you the most during the My Choice class?

4. How did this class affect you emotionally?

5. Did you change, or will you change, any thoughts or behaviors as a result of what you saw/heard?

6. How might you approach situations/circumstances differently now and in the future?

7. Has this program been worthwhile and meaningful?

8. As a student of Eastern Washington University, how do the past actions fit into your immediate educational goals and for your future career and life goals?

Please refer to your sanction letter for paper length requirements. The paper is expected to meet the academic standards of Eastern Washington University for grammar, style and quality of research/reflect.

- Your paper must have a cover page stating your name, student identification number, and the date it is being submitted to the Office of Student Rights and Responsibilities.
- Your paper must be computer-typed pages. It must be double-spaced with a font no larger or smaller than 12 pt. and the font style must be Times. Your borders must be no larger or smaller than 1" on the top, bottom, left, and right sides.
- Your paper must be free of grammatical and typing errors.
- Your paper must show that you have reflected on the choices you made that resulted in a referral to the Office of Student Rights and Responsibilities. It should also discuss the interactions you have had in completing your sanctions and discuss any learning that occurred through that process.