

## “Oops...” Behavior Reflection

**Directions:** Write an essay reflecting on your behavior today. The essay must:

1. **Be one full page, 250+ words**
2. **Include your name, date, class, and period**
3. **Answer all components and contain proper punctuation and capitalization**

This essay is due to Mrs. Forsythe at the beginning of your next class period. If the essay is not submitted by then, if it is not one page in length, or if it does not contain proper punctuation and capitalization, you will **lose up to 10 additional character strength points**.

You will select the essay topic that applies to your development by choosing ONE of the options below:

**Essay 1:** Tell me about a time when you felt proud and accomplished. Now imagine someone taking that from you by taking the credit. Explain the steps you will take to keep from **copying the work of others or plagiarizing without proper credit**.

**Essay 2:** The army has an unwritten rule that being “**on time is too late**”. Therefore, each person is required to arrive 15 minutes before any appointment. Timeliness will catapult your talents, skills, and abilities to the next level by setting a good impression and by showing that you care about the task. What can you do to ensure that you are on time AND present for every task?

**Essay 3:** Write an essay on how you are college-bound, career-bound and success-bound. Write about how you will never be **sidetracked by someone else or unimportant matters** because you have far too much to accomplish.

**Essay 4:** Write 10 authentically nice things you could say to someone instead of using **offensive language**. Explain how you disrespect yourself when you use foul/offensive language to bring someone else down or to speak to someone else. How could helping instead of hurting this person assist you in achieving your goals for the future?

**Essay 5:** It is one thing to join *a team*, but quite another to perform as a *team member*. What are some qualities necessary to perform as a **good team member**? How can *being a part of a team* be better than *completing work individually*?

**Essay 6:** Explain why you are too talented and professional to ever let yourself down by **not having your supplies**. Create a plan for how you will get the supplies you need in the future. If you have difficulty getting the supplies, what should you do?

**Essay 7:** Define **excellence**. Describe someone who you think is excellent at what they do. Explain how ‘hard work’ and ‘excellence’ are connected. Create a plan for how you will show excellence in Mrs. Forsythe’s class.

**Essay 8:** Abraham Lincoln once said, “I do not think much of a man who is not **wiser today** than he was yesterday.” What did he mean by this? How will you make sure that you get wiser every day?

**Essay 9:** FIRST, figure out how many minutes each week you spend in Mrs. Forsythe’s class. Then, explain why each of those minutes is far too precious to waste. Last, make a list of at least 15 things you need to learn this week alone; that’s about 10,000 **precious minutes**. Be specific and accurate.

**Essay 10:** Our 7 character values are I ACE PRO (Life Long Learner, Courage, Humanity, Citizenship, Temperance, Transcendence). Which one of the traits have been the most difficult for you and Why? Which one has been the most effortless and Why? Explain how you’ll **hold yourself to higher values** TODAY.