

Rubric: Reflective Journal Assignment

Expectations

- For reflective journal entries, you will reflect on and answer questions about some aspect of nutrition and wellness.
- As with all written assignments for this course, in addition to the criteria listed below, your work will also be assessed according to the standards found in the **Grade 12 Writing Standards**:
 - Spelling, grammar, and organization all count.
 - You must write in full sentences.

Criteria

	Meets Expectations	Exceeds Expectations
Writing and Organization	Student's journal entry: <ul style="list-style-type: none"> • adequately addresses most parts of the in the reflective journal question. • is reasonably clear and organized. • includes APA citations for sources of information when sources are necessary. 	Student's journal entry: <ul style="list-style-type: none"> • thoroughly addresses all parts of the reflective journal question. • is very well written, clear and organized. • includes correct APA citations for all sources when sources are necessary.
	3–4	5
Critical Thinking	Student's journal entry demonstrates a satisfactory ability to analyze and evaluate most key concepts.	Student's journal entry demonstrates a superior ability to analyze and evaluate all key concepts.
	3–4	5
Personal Awareness	Student's journal entry demonstrates a satisfactory ability to relate ideas to previous experiences.	Student's journal entry demonstrates an excellent ability to relate ideas and issues to not only previous experiences but also individual choices about health.
	3–4	5