# **Sample Student Reflection Template**

## **Overview**

* The Student Reflection Tool template is intended to gather feedback from students and ensure the intramural activities being offered are meeting the diverse interests and needs of students.
* Having students respond to the following questions at the completion of an intramural activity provides an opportunity for input and feedback.
* The template can be used as is, or questions can be added or revised to meet the school’s needs. The questions can also be used during a post-intramural discussion with students.

## **Intramural Reflection Questions**

Please answer the following questions to provide feedback on the intramural activity.

1. Please enter your grade in the space provided:
2. What level of interest did you have in the intramural activity that was provided? Select one of the following options:
	* Low
	* Medium
	* High

Why did you rate your interest at this level? Please explain in the space provided.

1. Did you participate in the intramural activity? Select one of the following options:
	* Yes
	* No

If you selected “No” (you did not participate in the intramural activity), please explain why not in the space provided.

1. Did you participate in any other part of the intramural activities (e.g., referee, scorekeeper, intramural committee member)? Select one of the following options:
	* Yes
	* No

If “Yes”, what did you participate in? Select all that apply:

* + Promotion
	+ Student coach
	+ Referee/official
	+ Scorekeeper
	+ Set up/Take down of equipment
	+ Intramural committee member
	+ Other – please specify:
1. Please rate the intramural activity based on the following statements by selecting either “All the time”, “Sometimes” or “Never”.

I had fun. (Select one of the following options)

* + All the time
	+ Sometimes
	+ Never

Peer interaction was positive. (Select one of the following options)

* + All the time
	+ Sometimes
	+ Never

I participated actively. (Select one of the following options)

* + All the time
	+ Sometime
	+ Never

If you selected “Never” for any of the statements, please provide feedback in the space provided to help improve the intramural programs going forward.

1. Please rate the intramural activity by selecting whether you “Agree”, “Neither Agree or Disagree”, or “Disagree” with the following statements:

I enjoyed the competition and cooperation components of the intramural activity. (Please select one of the following options)

* + Agree
	+ Neither Agree or Disagree
	+ Disagree

I learned/developed new skills/strategies. (Please select one of the following options)

* + Agree
	+ Neither Agree or Disagree
	+ Disagree

I felt like I belonged. (Please select one of the following options)

* + Agree
	+ Neither Agree or Disagree
	+ Disagree

If you selected “Disagree” for any of the statements, please provide feedback in the space provided to help improve the intramural programs going forward.

1. Would you recommend that this intramural activity be offered again? Select one of the following options:
	* Yes – with no changes
	* Yes – with some variations to the activity
	* No

If you selected “Yes – with some variations to the activity” or “No”, what changes/variations would you include or why would you not offer the activity again? Please explain in the space provided.