



Reflection

These are the topics we have worked on this session:

1. People files, making comments (supporting and add-a-thought) and asking social wonder questions
2. Making smart guesses, inferences
3. Levels of friendships, finding value in yourself
4. Self-esteem, self-concept, self-actualization, self-efficacy, resilience
5. Self-advocacy (saying no, saying how you feel, saying is something is bothering you), goal setting
6. Disagreeing
7. Reading people's intentions

Do you remember what your short term goal was? Write it down?

Have you worked on it at all? Completed it? Not yet? Why?

Do you remember what your long term goal was? Write it down?

Have you taken any steps towards it? If yes, what are they?

What are some areas you think you improved on ? (look at the topics on top of the page)

**What are some areas you think you need to work on the most?
(does not have to be from the list on top)**

Which topic was most important to YOU and why?

What do you think we (Unicorn Haven) can improve on? Please be honest!

Please think of some things that stood out for you about every person in the class, maybe some positive characteristics or something you like about the people in the group....we will talk about this during the group :)