



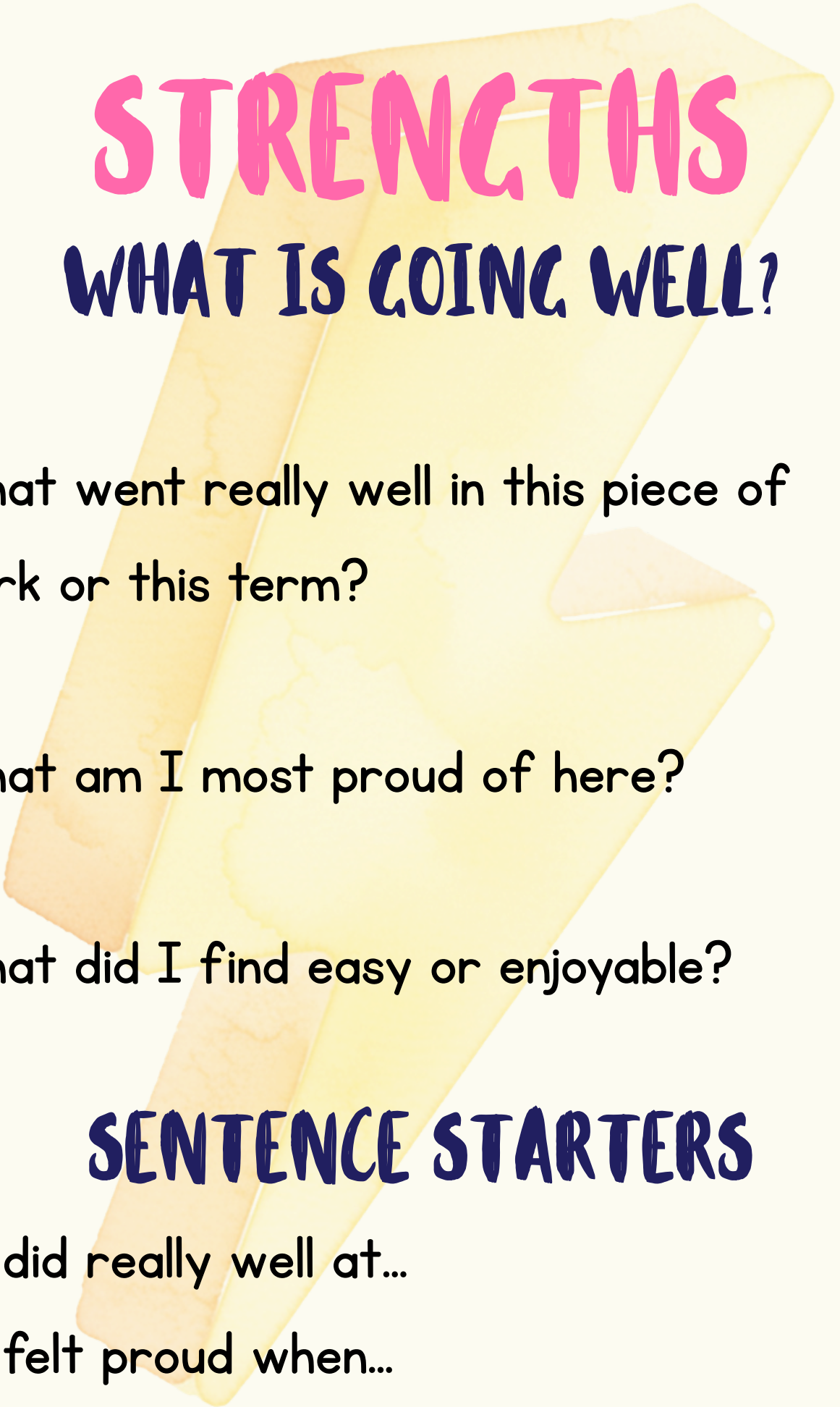
SELF REFLECTION IN RMPS

S	STRENGTHS	
T	TARGET	
R	REALITY	
I	IDEAS	
D	DECISION	
E	EVALUATION	

SELF REFLECTION IN RMPS

S	STRENGTHS	<i>I did really well at explaining my arguments clearly and using good vocabulary.</i>
T	TARGET	<i>I want to manage my time better so I don't have to rush the conclusion at the end of the lesson.</i>
R	REALITY	<i>At the moment, I spend too long worrying about how to start, which leaves me with only five minutes for the end.</i>
I	IDEAS	<i>1. Use a bullet-point plan before I start writing. 2. Use a checklist of sentence starters. 3. Ask the teacher to check my first paragraph early on.</i>
D	DECISION	<i>I am going to write a quick 3-bullet-point plan for my main paragraphs before I start writing my next piece of work.</i>
E	EVALUATION	<i>The plan really helped! I didn't get stuck at the start, and I finished my conclusion with a few minutes to spare.</i>

Excellent Work! The more you practice the easier that writing this style of question will become!



STRENGTHS

WHAT IS GOING WELL?

What went really well in this piece of work or this term?

What am I most proud of here?

What did I find easy or enjoyable?

SENTENCE STARTERS

I did really well at...

I felt proud when...

TARGETS

WHAT DO YOU WANT TO ACHIEVE?

What is my main goal next time?

What do I want to be able to do better?

How will I know if I've succeeded?

SENTENCE STARTERS

My goal is to...

Next time, I want to make sure I...

REALITY

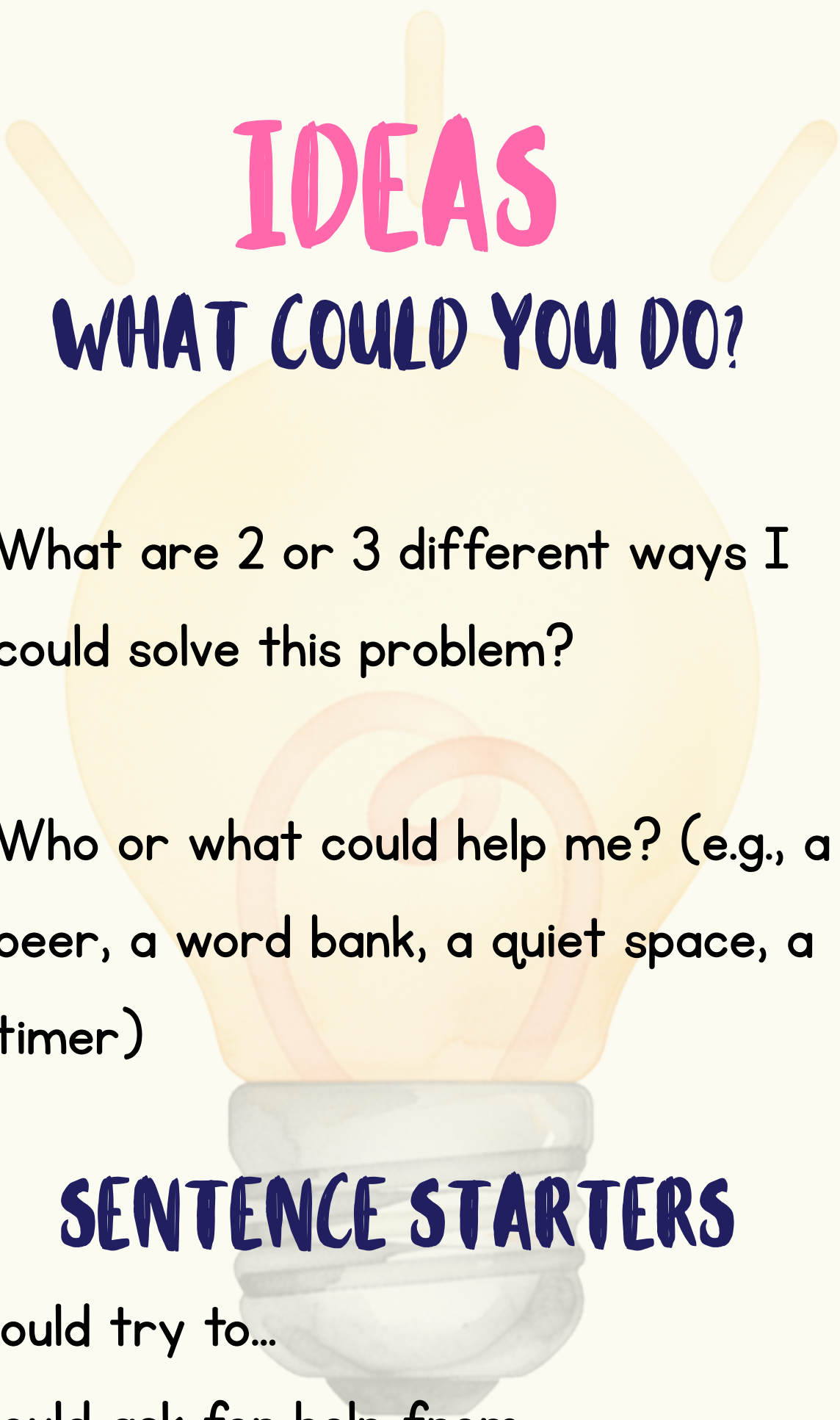
WHAT IS THE SITUATION RIGHT NOW?

- Where am I starting from right now?
- What is getting in my way or making this tricky? (e.g., getting distracted, losing my notes, running out of time)

SENTENCE STARTERS

Right now, I am finding it hard to...

The main thing stopping me is..



IDEAS

WHAT COULD YOU DO?

- What are 2 or 3 different ways I could solve this problem?
- Who or what could help me? (e.g., a peer, a word bank, a quiet space, a timer)

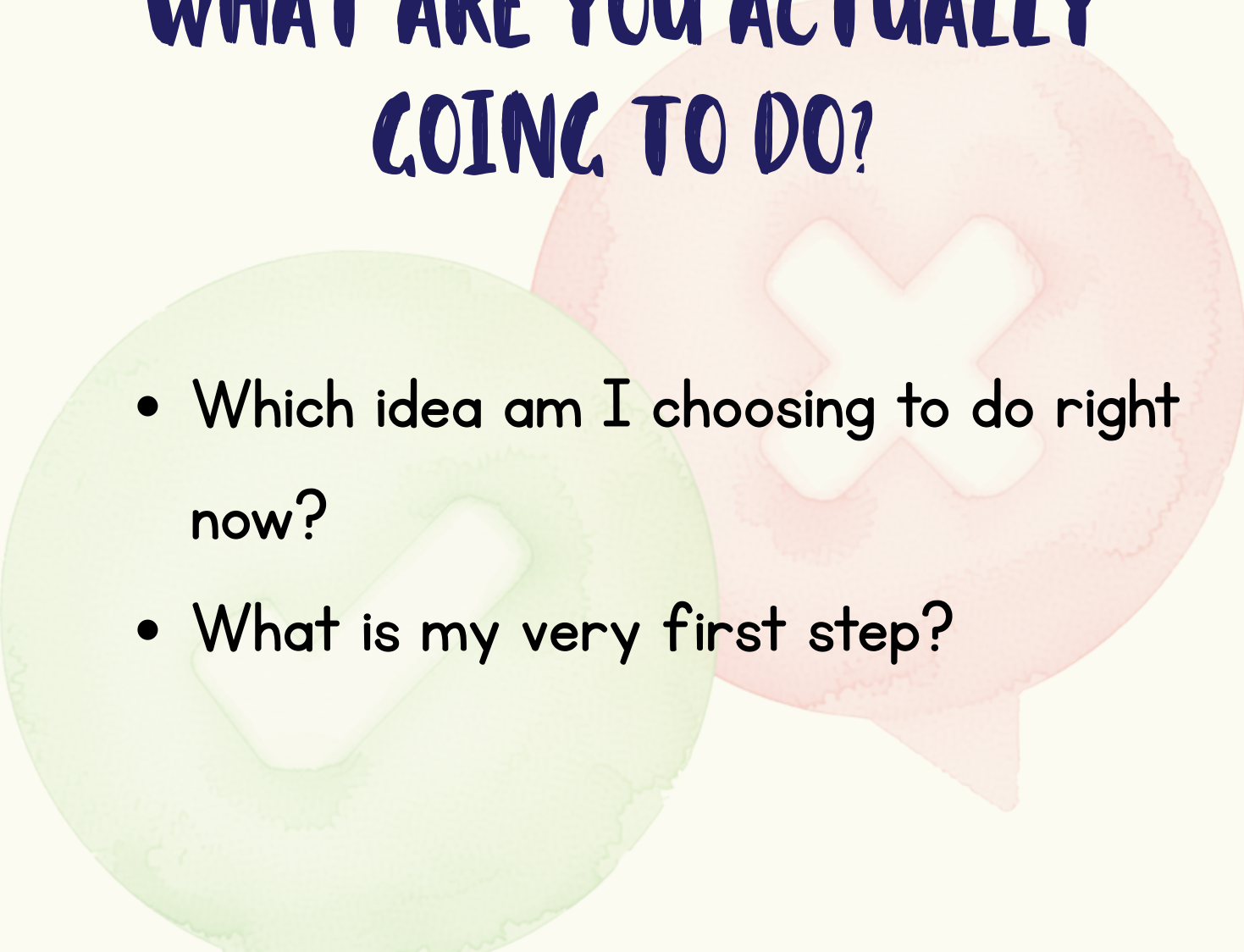
SENTENCE STARTERS

I could try to...

I could ask for help from..

DECISIONS

WHAT ARE YOU ACTUALLY
GOING TO DO?

- 
- Which idea am I choosing to do right now?
 - What is my very first step?

SENTENCE STARTERS

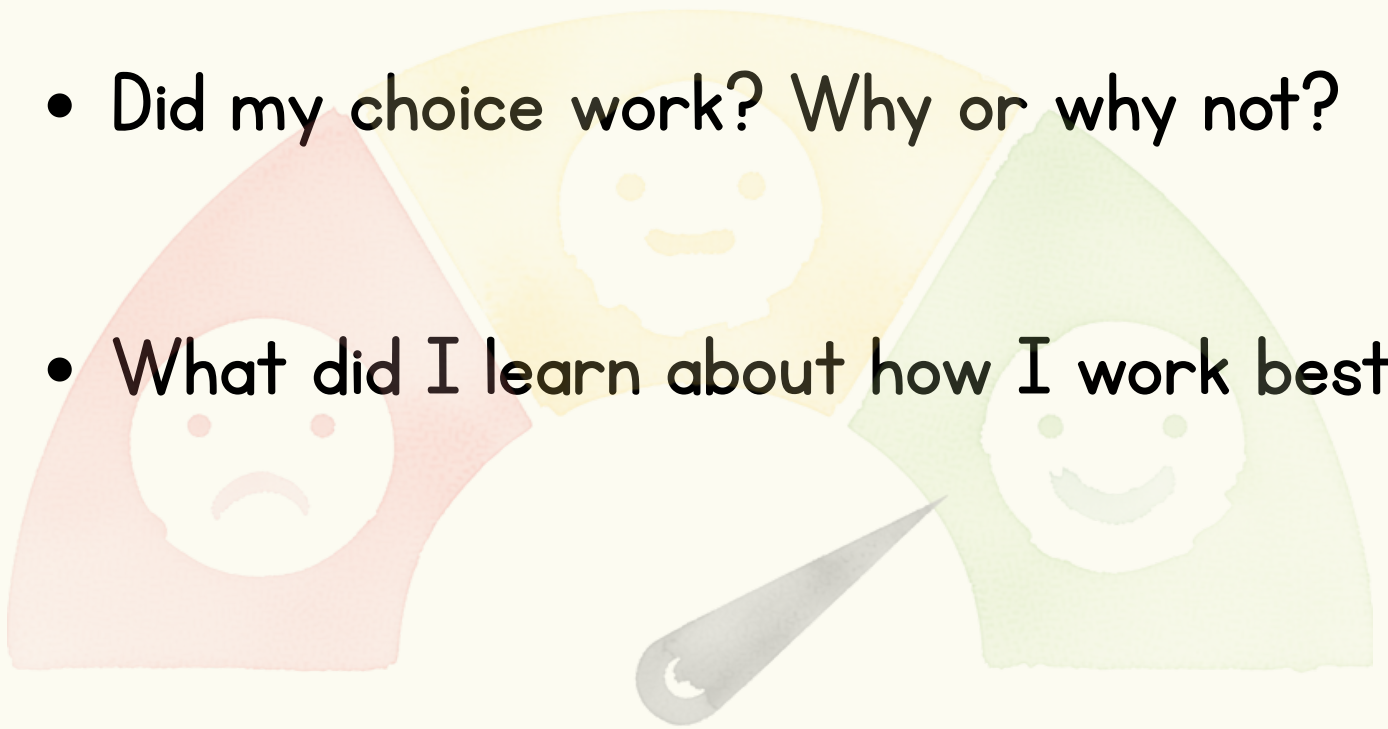
I have decided that I will...

First, I am going to..

EVALUATION

HOW DID YOU DO?

- Did my choice work? Why or why not?
- What did I learn about how I work best?



SENTENCE STARTERS

My decision worked well because...

Next time, I need to change...