***Skills for Life: Reflection***

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

While we have been learning at a distance, you have been working on developing a skill (or skills). These skills have been unique to your needs and interests and hopefully you have learned lots over the past few weeks. Please answer these reflection questions about the learning you have been doing.

1. What skill(s) did you work on?
2. Why did you want to learn more about this?
3. What was a challenge or obstacle you overcame in your learning? How did you get past the challenge?
4. How might you use what you learned in the future?
5. What is something you’re proud of about your learning?