* Hi All,  
    
  Well, in the spirit of sharing, I will share my goal/reflection process.  
    
  At the end of each day's work, I have the students (in their groups), answer the following 4 questions.  
    
  1. What did you accomplish today?  
  2. What did your group do well?  
  3. What do you need to improve for next time?  
  4. What is your goal for next session?  
    
  I have shortened these questions to:  
  Did?  
  Did well?  
  Improve?  
  Goal?  
    
  I used to have the goal session at the beginning of each day's time, however, I noticed that it was easier to set a goal at the end of the session when everything is fresh in your mind, as opposed to at the beginning of the next session.