

My Sewing Journal

Write a one page journal entry on your very first sewing experience. Please include the following items in your journal:

- Did the HIF class give me my very first sewing experience?
- What comprises of my sewing kit?
- My understanding of sewing safety rules
- My previous experience with hand sewing—what kind of stitches did I already knew before this class? Any sewing projects that I worked on prior to this class?
- What new stitches did I learn in this class?
- What kinds of things would I want to learn in this class?
- Will I take the Fashion grade 11 course? Why or why not.
- What other topics would I like to be covered in the " Individual and Family Living course" dealing with life skills through experiential learning
- Any field trips I would be particularly interested in?

Journal Due Date: *Friday, October 21st, 2011.*

Date: _____

Student's name: _____



Rubric for Reflection-Journal

Level 4 (80-100%) The student reflects on the assigned prompt and relates it to the topic in great detail. The student explains his/her thoughts in a clear, logical and articulate manner. The student analyses the topic in-depth, using pertinent research data and real-life situations and examples to support his/her stance. Several attempts have been made to challenge assumptions at different stages.

Level 3 (70-79%) The student reflects on the assigned prompt and relates it to the topic in detail. The student explains his/her thoughts and findings in a clear manner. The student analyses the topic through pertinent research data and/or real-life situations and examples. Attempts have been made to challenge assumptions.

Level 2 (60-69%) The student reflects on the assigned prompt and relates it to the topic in some detail. The student explains his/her thoughts and findings in a somewhat clear manner. The student makes some analyses but uses superficial research data or real-life situations and examples. Attempts have been made to challenge some assumptions.

Level 1 (50-59%) The student has difficulty reflecting on the assigned prompt and relating it to the topic. The student explains some thoughts and findings but is unclear and disorganized in presenting these ideas. There is an absence of research data and real-life situations and examples relating to the topic. Reflection reveals little or no analysis. There is no attempt to challenge assumptions.

Total mark: _____ /10

Assessor: Ms. C Khurana