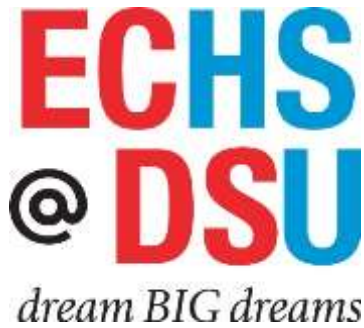


## ECHS Senior Summer Capstone Reflection Packet

Name: \_\_\_\_\_ Major: \_\_\_\_\_

Advisory 2017-18 Instructor Signature \_\_\_\_\_

Date of Receipt: August 25, 2017 or Other \_\_\_\_\_



## ECHS Senior Summer Capstone Reflection FAQs

### **What is the Senior Summer Capstone Reflection Project?**

*The Senior Summer Capstone Reflection Component is a part of the overall Senior Capstone Project. This part of the project allows students to deepen the learning in their capstone project study. Students will benefit from working/volunteering alongside of*

### **What activities can I do to earn hours?**

*Hours can be earned by volunteering in the field of study, working with my mentor, in an internship, or doing research.*

### **Is there a limit on the number of hours I spend in any activity?**

*Hours are limited to*

- *Volunteering in the field of study (10 hours)*
- *Working with a Mentor (10 hours)*
- *Internship (15 hours)*
- *Doing Research (Can include an interview of someone in the field of study)-- (3 hours)*

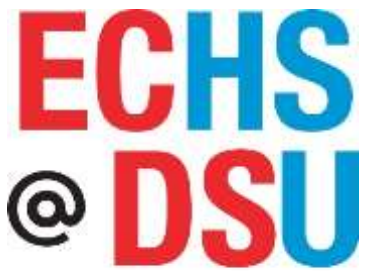
*Students have 15 weeks in the summer to complete 15 hours of Summer Reflection (Average 1 hour per week). Students may complete the hours in as many days as it takes to complete them but they are limited to the time frames on activities above. Students are permitted to do more than 15 hours for Summer Reflection.*

### **When is the project due?**

*The project is due on the first day of school, [Friday, August 25, 2017](#)*

### **How will I be graded?**

*Students will be graded on completion of hours and the quality of the reflection statements, as well as on the Reflection Essay. The project will be the first two grades for Advisory in Senior Year. Both are worth 100 points.*



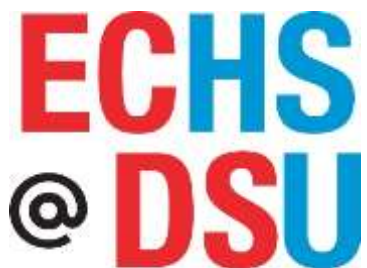
*dream BIG dreams*

ECHS Senior Summer Capstone Reflection  
**Hours Summary Sheet**

Name: \_\_\_\_\_ Major: \_\_\_\_\_

Directions: Type in a summary of the hours spent on the summary sheet. The table will move as you type.

Name of Activity	No. of Hours	Date of Activity	Address/Location of Activity	Type of Activity
<b>Total Hours</b>				



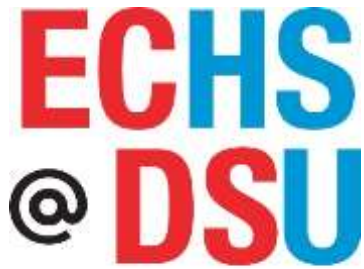
*dream BIG dreams*

ECCHS Senior Summer Capstone Reflection  
**Volunteer Hours** (10 Hours Max)

Name: \_\_\_\_\_ Major: \_\_\_\_\_

Directions: Type in the areas below. The table will move as you type. One sheet per Volunteer session is needed. Copy and paste this sheet to create another Volunteer session. (An organization may type a letter on company letterhead verifying the number of hours. Attach to project.

Name of Activity:	No. of Hours:	Date of Activity:	Address/Location of Activity:	Description of Activity:
Reflection				
How do I feel about this activity?	What did I learn from this experience?	Did this activity progress your knowledge for your Capstone Project? Explain.	Did this activity make you want to study further in this field? Explain.	How did this activity help you gain knowledge in your program of study?
Verification				
Printed Name:	Title:	Phone No.:	Email Address:	Signature:



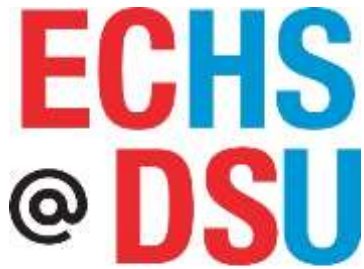
*dream BIG dreams*

ECHS Senior Summer Capstone Reflection  
**Working With a Mentor** (10 Hours Max)

Name: \_\_\_\_\_ Major: \_\_\_\_\_

Directions: Type in the areas below. The table will move as you type. One sheet per Mentor session is needed. Copy and paste this sheet to create another Mentor session. (An organization may type a letter on company letterhead verifying the number of hours. Attach to project.

Name of Activity:	No. of Hours:	Date of Activity:	Address/Location of Activity:	Description of Activity:
Reflection				
How do I feel about this activity?	What did I learn from this experience?	Did this activity progress your knowledge for your Capstone Project? Explain.	Did this activity make you want to study further in this field? Explain.	How did this activity help you gain knowledge in your program of study?
Verification				
Printed Name:	Title:	Phone No.:	Email Address:	Signature:



*dream BIG dreams*

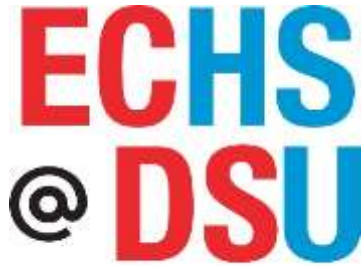
## ECCHS Senior Summer Capstone Reflection

### Internship (15 Hours Max)

Name: \_\_\_\_\_ Major: \_\_\_\_\_

Directions: Type in the areas below. The table will move as you type. One sheet per Internship session is needed. Copy and paste this sheet to create another Internship session. (An organization may type a letter on company letterhead verifying the number of hours. Attach to project.

Name of Activity:	No. of Hours:	Date of Activity:	Address/Location of Activity:	Description of Activity:
Reflection				
How do I feel about this activity?	What did I learn from this experience?	Did this activity progress your knowledge for your Capstone Project? Explain.	Did this activity make you want to study further in this field? Explain.	How did this activity help you gain knowledge in your program of study?
Verification				
Printed Name:	Title:	Phone No.:	Email Address:	Signature:

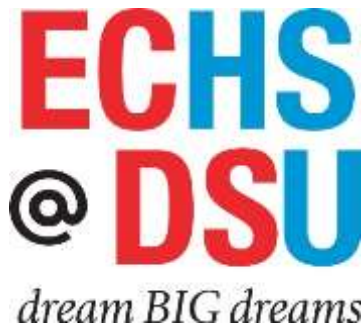


ECHS Senior Summer Capstone Reflection  
**Research** (3 Hours Max)

Name: \_\_\_\_\_ Major: \_\_\_\_\_

Directions: Type in the areas below. The table will move as you type. One sheet per Research session is needed. Copy and paste this sheet to create another Research session.

Name of Activity:	No. of Hours:	Date of Activity:	Address/Location of Activity:	Description of Activity:
Reflection				
How do I feel about this activity?	What did I learn from this experience?	Did this activity progress your knowledge for your Capstone Project? Explain.	Did this activity make you want to study further in this field? Explain.	How did this activity help you gain knowledge in your program of study?
Verification				
Name of Interviewee or Type Research Link: (No Dot Com)		What type of source is it?	Date of Interview or Year of Last Edit for Research	Interviewer Signature or Author Credentials for Research Link:



## ECHS Senior Summer Reflection Essay

**Directions:** Using the Reflection Journal and summer experiences, write a well-constructed 3-5 page essay on the knowledge gained within your field of study and the impact of the summer work has had on your career choice and pathway. Be sure to share any obstacles and/or changes you made as a result of your experiences. The paper should include the following:

12pt size font

Times New Roman Font

Minimum 3 pages

Maximum 5 pages

1 inch margins

Double-Spaced

Cover Page: Name, Major, Date (Not included in the page count)

Reference Page (not included in the (Not included in the page count)