



≈ 150 words

BEFORE

Write or record your expectations about how you felt before the experience
Eg. I was looking forward to / nervous of / unsure ofbecause.....
Etc.....

DURING

WHAT DID YOU DO? - Why / When / Where / How / How Long?

- Give a good description of the experience
- Describe your reaction to the experience. Use phrases such as
 "I liked / did not like it because....."
 "I will never forget it because....."
 "It changed my mind / did not change my mind because....."
 "I found it useful / interesting / helpful because....."
- Your reactions must be based on some part of the experience.
- Use photos / drawings / diagrams / poems / etc to support / illustrate.



≈ 150 words

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Lined writing area for the 'BEFORE' section.

DURING

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Lined writing area for the 'DURING' section.

≈ 50 words

SUMMARY

Look back at your starting point

HOW / WHY??

What have you found out about yourself →

What did the two experiences teach you →

Do you work any differently now than last year →

The ways LCA helped me plan for my future are..... → because..... (must include more than 1 point)

• How can you use your learning experiences to help you next year?

Next year I will: →

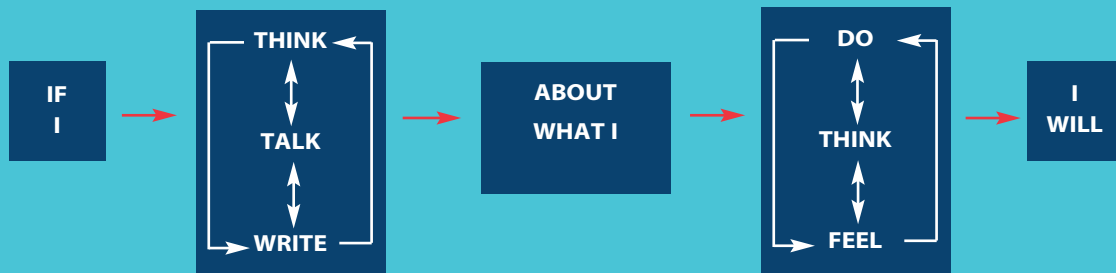
I need help in: →

During the summer I will: →

I hope to: →

PERSONAL REFLECTION TASK - YEAR 1

WHY DO THE PRT?



Learn more about **ME**
Make better plans for my future

LOOKING

- BACK
- IN
- OUT
- FORWARD

WRITING ABOUT
(Have I changed)
(How am I now)

- BEFORE
- DURING
- NOW
- FUTURE

How PRT 1 is marked

FOCUS	5%	2 experiences, related to LCA
PERSONALISING	5%	Meaningful and effective use of "I" statements
STARTING POINT	5%	Feelings, expectations, clearly outlined
DESCRIPTION	5%	Well analysed, good use of value judgements
PRESENT POSITION	5%	Self-awareness supported by evidence
FUTURE	5%	Be specific
COMMUNICATION	5%	Clear, legible, well laid out
ORGANISATION	5%	Logical, easy to follow, no repetition

- Read something your friend has written and ask him/her some questions about it and he/she should do the same for you.
- Discuss your reflections with someone else because you will learn from the feedback you receive
- After writing your final draft, copy and save your PRT 1 Statement. You will need it next year to help with writing PRT Part 2. PRT Part 1 must be sent in to the SEC in May.

Please Note: This sample layout is NOT intended to be prescriptive. It is a suggested layout to be used at the teacher's own professional discretion. Any indication of marks is based on past exam papers and is not indicative of future marking schemes as these are determined by the State Exams Commission (SEC) each year. All feedback welcome @ lca@pdst.ie