AIR FRICTION LAB REFLECTION

Please answer each prompt thoughtfully with a goal towards showing me what you've learned and candid insights you've gained.

<**Ask Yourself**> "Is the question asking for my thoughts/opinions or is it asking for specific details?

- If the question is asking for your thoughts and opinions, provide those in a thoughtful way and provide an example if possible to support your thought/opinion.
- If the question is asking for specific details, then state a response to the prompt and back it up with a specific detail from the activity as needed.

When you finish answering a prompt, <**Ask yourself**>:

"Did I respond to the prompt thoughtfully with true reflection or did I put down a statement simply to answer the question?"

"Did I support my response with observations or other evidence from the activity in some way to emphasize or clarify my point"?

- Here is a sample writing that shows an answer to the first prompt, albeit not all that thoughtful:

"Designing, building and testing a mouse trap car influenced my understanding of force, momentum and impulse a great deal. I learned a lot by working with my hands since I'm a kinesthetic learner."

Notice the response does answer the question, but it does not offer much in the way of reflection leaving me to wonder just what the person learned.

- ✓ A rather more considered response:

"Building a Mouse Trap Car made me learn about how impulse, momentum and force are connected. I learned that impulse is the change in force over time resulting in the change in momentum."

Notice that in this instance the author included a specific example of learning acquired during the activity.

- ➢ An outstanding response:

"I am still very unsure about my knowledge of force, momentum and impulse and I'm not sure that building the car helped. I had to look online and consult others after the experiment to explain why airbags work in terms of force, and I am still confused at why objects (like our car) bounce."

This shows a candid response that clearly shows that the author did not gain much from the activity. Although the author is clearly frustrated by the activity, there is an example presented to show WHY the activity was frustrating.

1) How did your pre-lab discussions influence your learning/understanding of surface area, volume, mass and density?

2) Assess your team's performance on this project. How well did the team work together?

3) Continuing with assessing your team's performance, how could your team performance improve?

4) What were your duties on this project?

5) How well did you perform those duties?

6) How did your learning grow, get challenged or otherwise change as a result of this lab?