

End-of-Year Reflection

Celebrating Growth, Learning, and Looking Ahead

School Counselor Resource Series

Purpose

Reflection helps students recognize how much they've grown, even when the year has included challenges. This worksheet encourages students to celebrate accomplishments, identify lessons learned, appreciate supportive relationships, and set a positive direction for the future.

Looking Back

This year, I am most proud of...

Something I Learned About Myself

A Challenge I Overcame

Describe a challenge you faced this year and how you worked through it.

My Biggest Accomplishments

Check all that apply.

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- ☐ Improved my grades
- ☐ Made a new friend
- ☐ Handled stress in a healthy way
- ☐ Asked for help when I needed it
- ☐ Became more confident
- ☐ Solved a difficult problem
- ☐ Learned something new
- ☐ Reached a personal goal
- ☐ Showed kindness to others
- ☐ Tried something outside my comfort zone
- ☐ Other:

People Who Helped Me Grow

Who made a positive difference in your life this year?

Strengths I Discovered

Circle or check the strengths you've seen in yourself.

- ☐ Courage
- ☐ Kindness
- ☐ Patience
- ☐ Responsibility
- ☐ Creativity

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- ☐ Honesty
- ☐ Perseverance
- ☐ Leadership
- ☐ Compassion
- ☐ Problem Solving
- ☐ Flexibility
- ☐ Determination
- ☐ Other:

Looking Ahead

Next year, I hope to...

One Goal for the Future

One thing I'd like to improve or accomplish is...

A Letter to My Future Self

Write one encouraging message to yourself that you can read later.

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Counselor Reflection

Student strengths observed:

Areas of continued growth:

Recommendations or follow-up:

Part of the Freedom Path Counseling School Counselor Resource Series

These resources are provided free of charge to support school counselors as they invest in the emotional well-being of students and families. Learn more and access additional downloadable tools at **freedompathcounseling.org/school-counselor-resource-center**

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