Post-Sprint Reflection Name:

1. Studies show that there can be huge benefits to working in teams. If you have a “Sprint Team” what do you see as the benefits? If you do not have a “Sprint Team”, is there a particular reason why you don’t?
2. Who are you? LOL. What I mean is, if someone were to ask you to describe yourself and your background, what would you say? What is the first thing that comes to mind when trying to define yourself? This can be anything from race to gender identity to ethnicity, religious affiliation, geographic location, political affiliation, etc. All of us are defined by some mix of these things, but each of us puts a different degree of importance on each one.
3. Studies show that student success in a course and in a degree program can be tied to how personal the experience is for you. How did you come to your choice of degree? How was that choice influenced by who you are as a person?
4. What challenges did you encounter during this Sprint? Did you manage to overcome them?
5. In the next Sprint, do you think you would benefit from more time spent on the Sprint Objectives?
6. In the next Sprint, do you think there are any additional resources that would make it easier to meet the Sprint Objectives?

1. Reflecting only on my role in this Sprint:
2. Is there anything I did that you think was especially helpful during this Sprint?
3. Is there anything you would want me to do differently in the next Sprint to be more helpful?
4. Overall on a scale of 1 (horrible) to 10 (excellent), how do you feel about this Sprint?
5. Overall on a scale of 1(not a lot) to 10 (a tremendous amount), how much do you feel you learned during this Sprint about the chemistry Learning Objectives?
6. Overall on a scale of 1(not a lot) to 10 (a tremendous amount), how much do you feel you learned during this Sprint about what you need to be successful in the next Sprint?
7. What is the ONE thing you would definitely do differently in the next Sprint?
8. What is the ONE thing you definitely want me to do differently in the next Sprint?