

Reflecting on Our Journey: Growing Up

Learning objective: To reflect on personal development, identify changes since early childhood, and articulate future aspirations with maturity.

Use this scaffold to structure a reflective essay about your journey through childhood. Think about the physical, emotional, and social changes you have experienced. Use the word bank to help your writing flow, and ensure your answers demonstrate critical thinking.

As I stand on the threshold of my final years in primary school, I find myself reflecting on the remarkable journey of growing up.

Word bank: consequently · furthermore · in retrospect · a significant milestone · transitioning · resilience · aspirations · perspective · nevertheless · independence

1. Reflect on a specific skill or hobby you have mastered over the last few years. How did you overcome initial challenges to improve? (2 marks)

2. Compare and contrast your current perspective on the world with your viewpoint when you were five years old. What has changed? (3 marks)

3. Explain why taking on more responsibility at home or at school is a vital part of preparing for secondary education. (3 marks)

4. Discuss the influence of your friendships on your personal development. How have your choices in friends shaped your own character? (3 marks)

5. Justify your answer: Is growing up primarily about physical changes, or is it more about the way we think and feel? Support your argument with reasons. (4 marks)

6. What might happen if we stopped learning new things or setting ourselves new challenges? Explain the consequences for our growth. (3 marks)

Extension challenge: Compose a 'Letter to My Future Self'. In this letter, describe three core values you hope to hold onto as you navigate the challenges of secondary school and beyond. Explain why these specific values are essential to your identity.