

**Saint Elizabeth Ann Seton Award**  
 Self Reflection Sheet

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please complete the following questions with honesty and integrity. Circle the answer that best describes how you feel you are doing at school liturgies and prayer services. Your religion teacher's signature is required. His or her signature indicates that he or she agrees with your self-assessment. Your teacher may wish to discuss any part of this with you.

1. I am actively engaged at school liturgies/prayer services:

**Always**                      **Most of the Time**                      **Sometimes**                      **Never**

2. I respond out loud when the congregation is called to pray or respond to the presider.

**Always**                      **Most of the Time**                      **Sometimes**                      **Never**

3. I join in the singing in a prayerful and meaningful way.

**Always**                      **Most of the Time**                      **Sometimes**                      **Never**

4. I listen attentively to the Word when it is proclaimed.

**Always**                      **Most of the Time**                      **Sometimes**                      **Never**

5. I follow along in the missal or by watching the overhead projector so I know the order of worship and when to respond.

**Always**                      **Most of the Time**                      **Sometimes**                      **Never**

6. I enter church for our school celebrations with a positive attitude.

**Always**                      **Most of the Time**                      **Sometimes**                      **Never**

7. I actively participate when my STAR group or religion class is planning the celebration.

**Always**                      **Most of the Time**                      **Sometimes**                      **Never**

8. I go to receive communion with reverence, with hands folded in prayer.

**Always**                      **Most of the Time**                      **Sometimes**                      **Never**

9. I properly receive communion with a head bow and say "Amen."

**Always**                      **Most of the Time**                      **Sometimes**                      **Never**

10. I pray after receiving Communion (our prayers are strongest after receiving communion).

**Always**                      **Most of the Time**                      **Sometimes**                      **Never**

11. I enter and exit church prayerfully.

**Always**                      **Most of the Time**                      **Sometimes**                      **Never**

**STAR Teacher Signature:** \_\_\_\_\_