

## Student Checklist for a Quality Post

✓ **Title: Make it Clear and Descriptive**

Use a title that reflects the content of your post.

**Example:** "How Different Types of Water Affect Plant Growth: My Science Fair Project and Reflection."

✓ **Select the Appropriate Portfolio Section**

Categorize the post to the skill or competency it is demonstrating.

**Example:** Critical Thinking.

✓ **Use Evidence: Show, Don't Just Tell**

Attach photos, videos, audio recordings, or documents from your computer/One Drive/Google Drive, or URL. Make sure that they demonstrate the skill or competency you selected.

**Example:** A series of photos of your plants at different stages of growth, including a short video explaining your experiment setup.

✓ **Reflect: Show What You Learned and Link it to the Skill You are Reflecting Upon**

Share the story behind your work or experiences – what you did, what you learned, the challenges you faced, and the solutions you found. Connect this experience to your growth in this skill or competency.

**Example:** "For my science fair project, I tested how plants grew when I watered them with tap water, filtered water, and saltwater. I found that tap water and filtered water helped the plants grow better, but saltwater made them stop growing. It was hard to keep everything the same for all the plants, but I fixed this by keeping track of how much sunlight and water each plant got every day.

This project helped me build curiosity and think more critically by planning the steps for the experiment, recording my observations, and making sure each plant received the same treatment, other than the type of water I used. These skills are important for my goal of becoming a creative problem-solver."

✓ **Proofread and Polish**

Before publishing, always double-check your post for grammar, spelling, tone, and clarity.

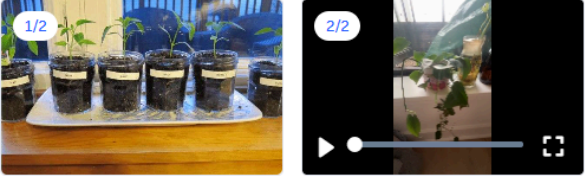
**Tip:** A polished post written from your unique perspective will feel more authentic and meaningful.

### Post Example #1

**Critical Thinking**

Maya Lee

Critical Thinking



**How Different Types of Water Affect Plant Growth: My Science Project and Reflection**

For my science fair project, I tested how plants grew when I watered them with water, filtered water, and saltwater. I found that tap water and filtered water he

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Maya Lee

Critical Thinking

**How Different Types of Water Affect Plant Growth: My Science Fair Project and Reflection**

For my science fair project, I tested how plants grew when I watered them with tap water, filtered water, and saltwater. I found that tap water and filtered water helped the plants grow better, but saltwater made them stop growing. It was hard to keep everything the same for all the plants, but I fixed this by keeping track of how much sunlight and water each plant got every day.

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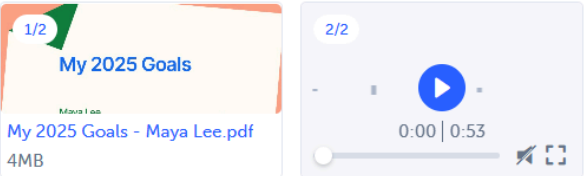
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### Post Example #2

**Effective Communicator**

Maya Lee

Effective Communicator



**My 2025 Goals Presentation + Reflection**

This is the presentation that I completed in homeroom today. It's all about my goals and the steps I am planning to take to achieve them. I really think

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Maya Lee

Effective Communicator

**My 2025 Goals Presentation + Reflection**

This is the presentation that I completed in homeroom today. It's all about my 2025 goals and the steps I am planning to take to achieve them. I really think that I can! I also recorded my voice as my reflection which I completed after I presented. I tried to communicate effectively when giving my presentation by speaking loud and clear, facing the audience, making eye contact, and using my voice to get the audience interested. I always get nervous for presentations so I tried to practice a lot beforehand!! I think it went well but next time I need to remember to slow down as I think I went too fast.

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