

Student: \_\_\_\_\_  
Teacher: \_\_\_\_\_  
Class: \_\_\_\_\_  
Date: \_\_\_\_\_

# ICEBERG

*Please take 10 minutes or so to reflect upon and calm down from what just happened. Please answer these questions as honestly as possible, and come back to class when finished. Be ready to participate and learn, then reflect with the teacher to complete #5 together at the end of class.*

**1) What are the facts? What just happened? Please be as objective as possible with your OBSERVATION, and leave anything emotional out of your answer.**

**2) How do you FEEL about what just happened? Circle all that apply:**

frustrated   angry   irritated   embarrassed   exhausted   furious  
out of control   disgusted   ashamed   lonely   overwhelmed  
amped   hyper   betrayed   unaffected   confused   worried   excluded

Other: \_\_\_\_\_

**3) What do you NEED in order to learn and successfully get back to being a productive and wonderful member of your class today?**

**4) UPCS culture is safe, respectful, embracing of diversity, sharing, caring, mature, academic, and social. Were you meeting these expectations at the time of the event? How? And how were you not meeting them?**

**5) Compromise with teacher:**

**How will you both get at least some of what you need today?**