

Codeforge — Reflection Journal

This is your space to think on paper. Reflection is how you author your own story — there are no right answers and nothing here is graded or shared. Use it however is useful to you.

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How are you arriving?

How are you arriving today? Notice what's going on in your body — your breath, your shoulders, your energy. Name it, without judging it.

Thinking with Kian

*Kian is about **Sequencing & control flow**.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Priyom

*Priyom is about **Conditionals** / boolean logic.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Devi

*Devi is about **Iteration** / loops.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Milo

*Milo is about **Functions** / **abstraction**.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Oskar

*Oskar is about **Data structures**.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Juno

*Juno is about **Algorithms & complexity**.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Lin

*Lin is about **Debugging** / tracing.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Odile

*Odile is about **Recursion**.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Ferro

*Ferro is about **Data & abstraction (CSP)**.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Ekwe

*Ekwe is about (**Mentor**).*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Before you close this

What's one thing you're working out about yourself right now? Not a conclusion — just where your thinking is today.

A note for grown-ups. This journal is just a gentle, private space to notice feelings — nothing here is graded, scored, or shared, and there are no wrong answers. If something a young person writes about feels too big to hold alone, it always helps to talk with a trusted grown-up. In the US you can also call or text **988** (the Suicide & Crisis Lifeline) or text **HOME to 741741** (Crisis Text Line), anytime.

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