

Academic Integrity Reflection

Below is a copy of the prompts students will be required to answer. Please click on the title below to access the MachForm. We kindly ask that you share the link with the student involved in the infraction. Once the form is completed and received by Innovations Assistant Director, Sherie Seddon, a copy will be forwarded to the online teacher.

At HCOS, we care about your growth as a whole person—not just in academics, but also in character, faith, and relationships. This reflection form is meant to help you pause and think about a choice or action you made that may not align with who you're becoming as a follower of Christ and an HCOS learner.

This isn't about punishment—it's about growth.

It's a chance to reflect honestly, learn from the experience, and move forward with a stronger understanding of how your choices reflect your values, your relationship with God, and your impact on others.

By taking time to reflect, you're practicing what it means to:

Grow in wisdom

Live with integrity and humility

Be a positive influence and light to those around you

Take ownership of your learning and your actions

We believe that every moment—good or hard—can be used by God to shape your character and strengthen your walk with Him.

Academic Integrity Reflection

Student Name:

Date:

Online Class/Teacher:

1. What Happened?

Describe the situation honestly.

- What school rule or academic integrity policy did you violate?
- Be specific about your actions and choices.

Example: “I copied part of a friend’s homework without permission. I didn’t take the time to do the assignment myself and hoped I wouldn’t get caught.”

2. Why Did It Happen?

Reflect on what led to your decision.

- What were you thinking or feeling at the time?
- Were you stressed, rushed, or afraid of failure?

Example: “I was behind on several assignments and felt overwhelmed. I gave in to pressure instead of asking for help or trusting God to guide me.”

3. My Character as an HCOS Learner

Reflect on the [HCOS Learner Profile](#): How do your choices reflect your character as an HCOS learner?

- In what ways do your actions align—or fail to align—with our Biblical call to live with integrity, humility, and mercy (Isaiah 61)?
- Consider how your decisions demonstrate your heart as a reflective and adaptable thinker, a humble servant, or an advocate for others.
- How does this moment contribute to your understanding of God’s grace and your ability to witness to others?

Example: “As an HCOS learner, I understand that I am called to embody wisdom and integrity. God encourages us to be honest (Proverbs 12:22) and to work wholeheartedly (Colossians 3:23). I realize that my recent choice did not reflect this calling. I aim to grow from this experience, leaning on His grace for guidance.”

4. Who Was Affected?

Consider how your decision impacted others.

- How did it affect your teacher, relationship with God and your own feelings about yourself?
- What would it feel like to be in their shoes?

Example: “I broke the trust between my teacher and me. It also wasn’t fair to students who did the work honestly. I know God cares about how we treat others and I need to take that more seriously.”

5. Taking Responsibility

- What do you take ownership of in this situation?
- What have you learned about yourself?

Example: “I take full responsibility for my actions. I’ve learned that cutting corners only damages my character. I want to be a person of integrity in both school and life.”

6. Growth and Moving Forward

- What will you do differently next time?
- What changes do you need to make in your habits, prayer life, or attitude toward school?

Example: “I plan to manage my time better and talk to my teacher when I feel behind. I’ll also pray for strength and wisdom when I’m feeling overwhelmed or tempted.”

7. A Personal Commitment

Write a short commitment that reflects your desire to grow in Christ-like character and academic integrity.

Example: “I commit to honoring God with my work by being honest, responsible, and diligent. I know that true success comes from doing what is right, even when it’s hard.”

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