

# Student Self-Reflection on Academic Progress

## Current Academic Commitments

Course	Office Hrs	Professor	Goal	Priority

Reasons for taking these courses:

How often (if at all) have you used any of these resources:

Professor's office hours:

Department or TA help sessions, or TLC Study Group:

Writing Center:

Other:

## OTHER COMMITMENTS:

## REFLECTING BACK,

What, if anything, have you been doing to ...

Get ready for each class?

Learn effectively during class?

Review material after each class?

Review material after each week to stay on top of it?

Sketch out your regular weekly study and/or work (hours) schedule below for your courses:

Mon	Tues	Wed	Thurs	Fri	Sat	Sun

When you do regular homework, reading, and/or studying...

Where do you typically work?

When (what time(s) of day) do you typically work, and in what chunks?

Describe your typical study props and how you use them while you work: phone, computer, textbooks, printed texts, notebooks, other materials, etc.

When you study for a quiz or test...

How far in advance do you begin to study for a quiz?

What kind of work do you do to study for a quiz?

How far in advance do you begin to study for a test?

What kind(s) of work do you do to study for a test?

When you write a paper or other assignment (lab report, response, journal, etc)...

How far in advance do you begin to organize or write?

What kind of work do you do to organize, write, or revise?

**LOOKING FORWARD:**

What areas of growth or improvement do you see for yourself, based on your reflections so far?

What support or help do you need to accomplish this growth or improvement?

Who can you enlist to help you?

What can you ask them to do, & what will you need to commit to doing?