

# Self Reflection on Academic Progress in This Course

STUDENT:

COURSE:

PROFESSOR:

Office hours:

Reasons for taking the course:

Goal(s) for the course:

Priority of the course overall:

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

Professor's office hours:

TLC Study Group, peer support, or other support:

Writing Center:

What, if anything, do you do 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 schedule for this class below:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

When you do regular homework and/or study...

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, notebooks, other materials, etc.

When you study for a quiz or test or prepare for a large writing assignment...

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

What kind of work do you do to prepare for a quiz or test?

How far in advance do you begin a writing assignment?

What kind(s) of work do you do in the process of writing?

Map out a work and study plan for yourself that *maximizes resources* for your goals in this course...

Sun	Mon	Tues	Wed	Thurs	Fri	Sat