Self-reflection exercise

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1. Overall—How has this semester been going for you so far?
   1. Describe how your expectation for the course and the semester as a whole align with how things are actually going.

* 1. What has surprised you about this course? Which aspects of this course have been especially challenging?

1. Considering *this* course, briefly respond to the following questions:
   1. What has your attendance in this course looked like? In what ways have you actively engaged during class (e.g., asking questions, taking notes, contributing to group discussions)?

* 1. How well have you kept up with reading assigned materials before class, completing assignments afterward, reviewing notes on an ongoing basis, and preparing for tests ahead of time?

* 1. In what ways have you used campus or course resources, such as reaching out to your instructors, going to tutoring, or working with classmates in study groups? Which resources have been most beneficial?

* 1. What grades have you earned so far? For which courses are your grades aligned to the goals you set for yourself?

1. What strategies are working? Choose two course strategies you used this semester that you feel have been working for you so far. How have you used these strategies? How do you know they are working?

1. What changes do you need to make to stay on course toward success? Name two strategies you think will be helpful to start using. How will you begin implementing the strategies?

*(If you have previously tried using a strategy listed here, answer the following questions: Why did you stop using the strategy? Why will it be useful to start using the strategy again? What do you need to do differently this time to make the strategy stick?)*