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| **REFLECTION OF LAST QUARTER** |
| **How were my grades last quarter?** |  |
| **How do I feel about the grades I received?** |  |
| **What did I do well last quarter?** |  |
| **What did I find challenging last quarter?** |  |
| **What were my “wins”?** |  |
| **What were my “losses”?** |  |

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| **GOALS** |
| **What am I looking forward to this quarter?** |  |
| **What are 2-3 main goals I want to focus on?** |  |
| **What will I do to ensure my goals are met?** |  |

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| **STUDY STRATEGIES** |
| **What study strategies worked best for me last quarter?** |  |
| **What new strategies will I try this quarter?** |  |

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| **HEALTH AND SUPPORT** |
| **In what ways do I take care of myself?** |  |
| **Where in my health and well-being could use more attention?** |  |
| **Who and what makes up my support system?** |  |
| **How can I set up a system that keeps me motivated and supported?** |  |