REFLECTING ON YOUR GOALS

Student: ___________________________  Semester: ___________________________

Week 3

Have you kept to your plan?  Y  N

If not, what has been holding you back? How can you get back on track? __________________________

If you have kept to your plan, what progress have you made toward your goals? How do you know?

Have you received any grades? If so, why do you think you earned the grades you received?

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________
Do you need to make any adjustments? If so, what strategies will you change or add? _________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

Week 6

Have you kept to your plan? Y N

If not, what has been holding you back? How can you get back on track? ________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

If you have kept to your plan, what progress have you made toward your goals? How do you
know?

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

Have you received any grades since your last reflection? If so, why do you think you earned the
grades you received?

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________
Week 9

Have you kept to your plan?  
Y  N

If not, what has been holding you back? How can you get back on track? 

If you have kept to your plan, what progress have you made toward your goals? How do you know?

Have you received any grades since your last reflection? If so, why do you think you earned the grades you received?
Do you need to make any adjustments? If so, what strategies will you change or add? _________

______________________________________________________________________________

______________________________________________________________________________

Week 12

Have you kept to your plan? Y N

If not, what has been holding you back? How can you get back on track? ________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

If you have kept to your plan, what progress have you made toward your goals? How do you know?

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

Have you received any grades since your last reflection? If so, why do you think you earned the grades you received?

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________
Do you need to make any adjustments? If so, what strategies will you change or add? 


Week 15

Have you kept to your plan?  

Y  N

If not, what has been holding you back? How can you get back on track? 


If you have kept to your plan, what progress have you made toward your goals? How do you know? 


Have you received any grades since your last reflection? If so, why do you think you earned the grades you received? 


Do you need to make any adjustments? If so, what strategies will you change or add? 


Final Reflection

Did you accomplish your goals? Y N

How do you know? ____________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Is there anything you will do differently in future courses? If so, what? ______________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

What strategies did you use this semester that you think will be helpful in future courses?
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

What were the most interesting or useful topics you learned about? __________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________