



Hi Sloane! I'm here to help you earn half a grade better or more.



Tiny changes to habits can make a big difference. Check out some ideas.

I want to improve my score

Messages

What is ECoach?

ECoach is a tool to help you do your best in Stats250. Think of ECoach as your own personal coach. ECoach will offer you strategies and insider tips on:

- The best tools to use to study
- Study hints for exams
- A grade calculator tailored to Stats250
- Evidence-based tools to help boost your exam performance

TOPIC  
What is ECoach?

TOPIC  
What is STATS?

TOPIC  
Great Advice

TOPIC  
Did you know?

TOPIC  
GTD email

Writing for perspective: A reflection to boost your success

Around the fifth week of the term, we're going to ask you to reflect on and write about how things are going. For most classes, this will be before the first exam – a key moment for first year college students. Research shows reflecting in this way helps many students have a more successful first semester.

We'll give you a chance to write



opens in 5 weeks

You can also hear from some others.





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Messages

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TOPIC  
TITLE LOREM  
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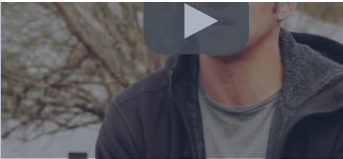
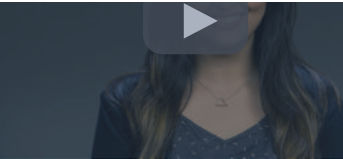
LOREM  
DOLOR



Hear what James has to say about ...



James talks about what's important in his life.



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Writing for perspective: A reflection to boost your success

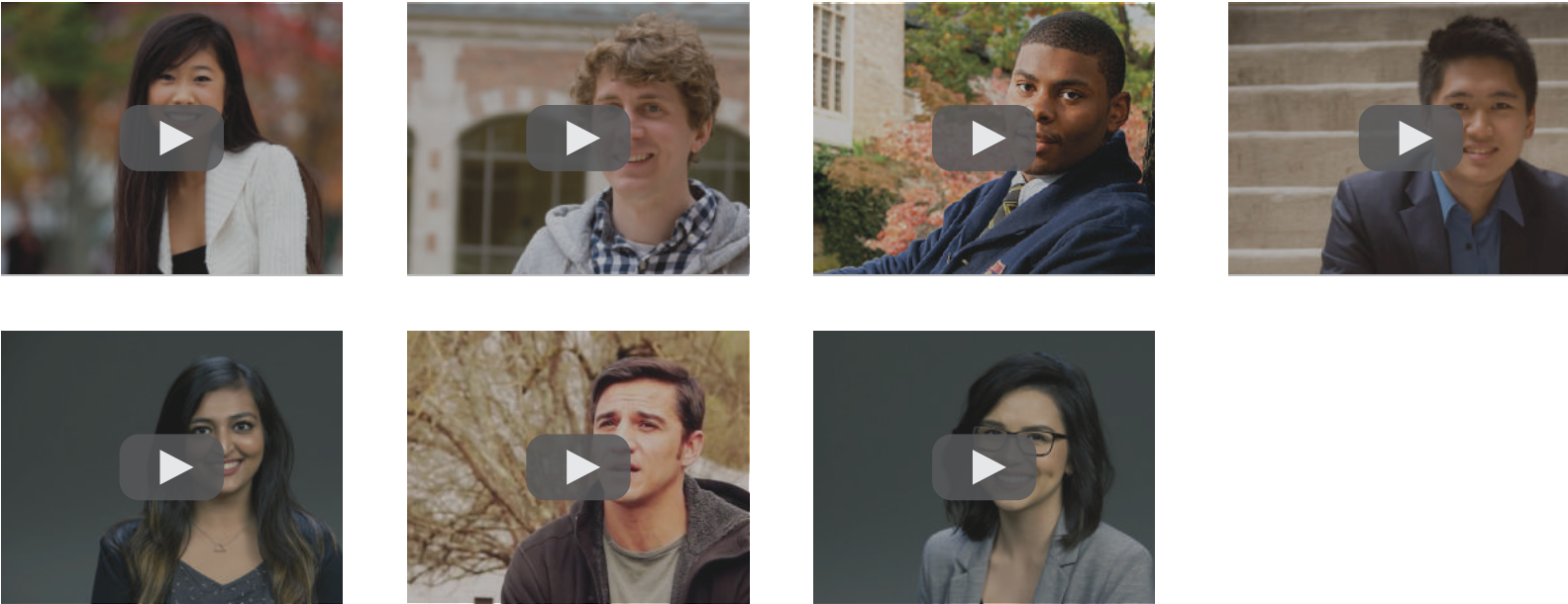
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We'd like to hear from you.

Your first Writing for Perspective prompt is unlocked. When you have 15-20 minutes, please settle in to a comfortable, quiet spot and click **Take** whenever you're ready.

Take

You can also hear from some others.





## JOURNAL

## Writing for perspective exercise

Ends in 2 days 4 hours



At ECoach, we think of you as a whole person. We don't think of you as just being in this course or that course, or as having a certain GPA. You have family and friends. You have hobbies. You have likes and dislikes. All in all, you have a rich history you brought with you to the University of Michigan.

Based on research, your performance as a student could be enhanced if you think about yourself in this same way - as a whole person. Rather than compartmentalizing your roles of friend, student, athlete, roommate, son/daughter, and so on.

For this exercise, we'd like you to think of what makes you you — what binds together the parts that make up the whole you. Please take a few minutes to think of what you value most in your life. And then we're going to ask you to write about why you value these things.

Next

JOURNAL

Writing for perspective exercise

Ends in 2 days 4 hours



What do you value most in life?

Please choose two or three of the values that are most important to you.

I value...



Family

To have a happy, loving family



Forgiveness

To be forgiving of others



Friendship

To have close, supportive friends



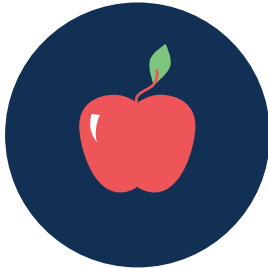
God’s Will

To follow god’s plan for me



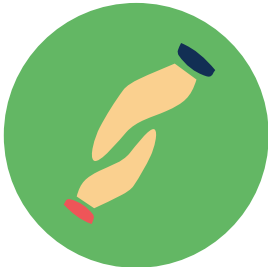
Growth

To keep changing and growing



Health

To be physically well



Helpfulness

To reach out to others



Hope

To see what happens in life in a positive way



Humor

To see the funny side of life



Independence

To be able to meet my own needs



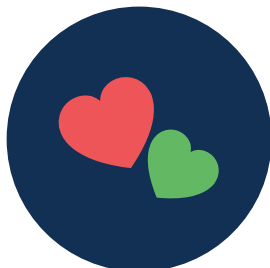
Inner peace

To find a sense of quiet or calmness



Justice

To promote fair and equal treatment for all



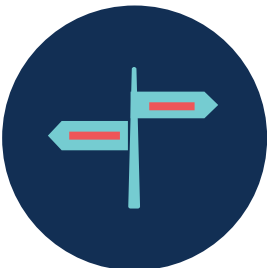
Loving

To give and receive love



Mental Strength

To be mentally alert



Purpose

To have meaning and direction in my life



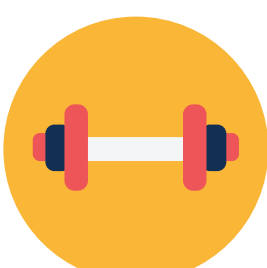
Responsibility

To do what I said I would do



Spirituality

To grow and mature spiritually



Physical Strength

To be physically fit and capable

Previous

Next



JOURNAL

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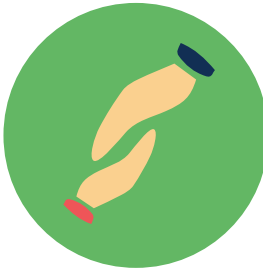
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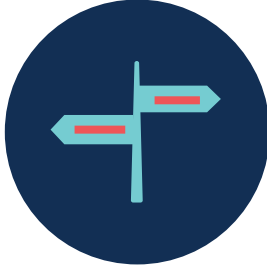
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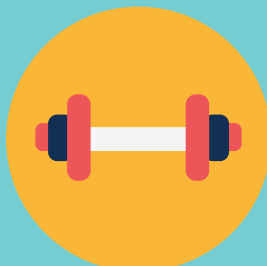
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To be physically fit and capable



JOURNAL

Writing for perspective exercise

Ends in 2 days 4 hours



You chose



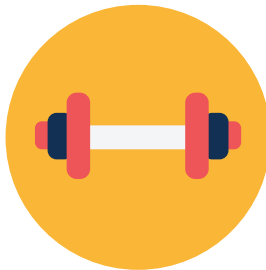
Family

To have a happy, loving family



God's Will

To follow god's plan for me



Physical Strength

To be physically fit and capable

- 1. Please think about the times when these values were important to you.
- 2. Then write, in a paragraph or two, about why they are important to you. Don't worry about spelling and grammar. Instead, focus on your thoughts and feelings.
- 3. Please write for at least **5 minutes** (but you can write longer, if you wish).

write down your thoughts here...

Previous

Next

You may proceed after the completion of 5 mins.



JOURNAL

Writing for perspective exercise

Ends in 2 days 4 hours



You chose



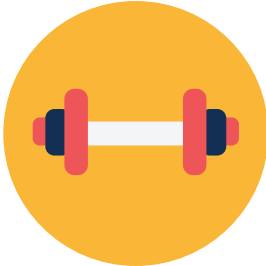
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Physical Strength

To be physically fit and capable

Next, please tell us how much you agree or disagree with the following statements.

1. These values have influenced my life.

Strongly Disagree

Strongly Agree

1

2

3

4

5

2. In general, I try to live up to these values.

Strongly Disagree

Strongly Agree

1

2

3

4

5

3. These values are an important part of who I am.

Strongly Disagree

Strongly Agree

1

2

3

4

5

Previous

Submit





JOURNAL

Writing for perspective exercise 1

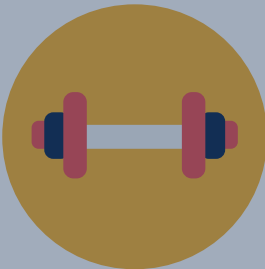
May 21



Family



God's Will



Physical Strength



Done!

You've completed your writing for perspective exercise! You can always come back to your exercise here.

Ok!

Writing for perspective exercise 2  
opens in 2 weeks

Writing for perspective exercise 3  
opens in 4 weeks

Writing for perspective exercise 4  
opens in 6 weeks

Writing for perspective exercise 5  
opens in 10 weeks





JOURNAL

Writing for perspective exercise 1

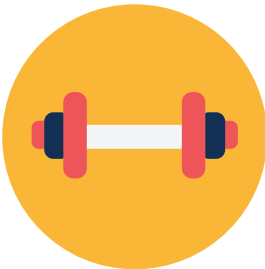
May 21



Family



God's Will



Physical Strength



I think family is super important to me because my family has always been there for me and I feel like I can always ask them for help and support if anything ever goes wrong. I also value health, if I'm not taking care of myself then I find it hard to be able to anything else. And I've had some serious health scares in my life and very much appreciate being healthy [read more ...](#)



Writing for perspective exercise 2

opens in 2 weeks



Writing for perspective exercise 3

opens in 4 weeks



Writing for perspective exercise 4

opens in 6 weeks



Writing for perspective exercise 5

opens in 10 weeks





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These values are important to you ...



Family



God's Will



Physical Strength

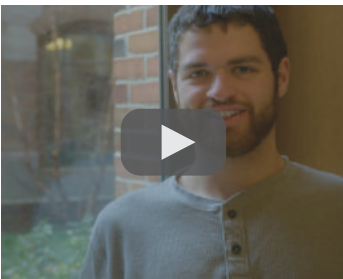


I think family is super important to me because my family has always been there for me and I feel like I can always ask them for help and support if anything ever goes wrong. I also value health ...

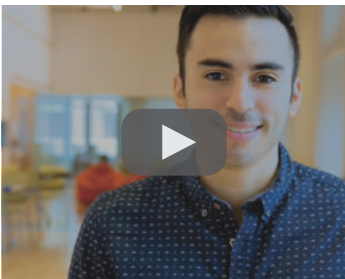


Review my journal

Here's why values are important to other students ..



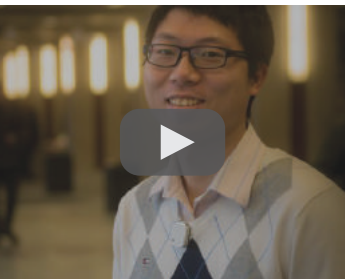
Jeff



Izar



Madison



Huang Chuan



Allan



Chanda



Jake