

“The more reflective you are, the more effective you are.” – Hall and Simeral

Self-reflection is necessary to give your mind perspective. It allows you to analyze, acknowledge, and apply solutions for the purpose of learning and moving forward in life. Let’s reflect about what you’ve done for this course so far and think about what improvements can be made for the rest the semester.

**I.** Considering the past weeks of this course, contemplate how much you agree with the following statements and circle one.

1. I have used the time I set aside for this course wisely and efficiently.

Strongly disagree      Disagree      Neutral      Agree      Strongly Agree

2. I have put enough effort into this course to read course materials, complete homework, and study for assessments like quizzes or exams.

Strongly disagree      Disagree      Neutral      Agree      Strongly Agree

3. I have tried to attend every class session and to arrive to class on time.

Strongly disagree      Disagree      Neutral      Agree      Strongly Agree

4. I have worked to understand the material in this course, instead of just focusing on the grade I want to earn.

Strongly disagree      Disagree      Neutral      Agree      Strongly Agree

5. I have worked to see the relevance of Statistics in everyday life.

Strongly disagree      Disagree      Neutral      Agree      Strongly Agree

6. I have worked to have a positive attitude and a healthy perspective about my need to take this course.

Strongly disagree      Disagree      Neutral      Agree      Strongly Agree

7. I’m achieving the goals for this course that I set out for myself at the beginning of the semester.

Strongly disagree      Disagree      Neutral      Agree      Strongly Agree

**II.** Now let’s reflect.

1. Given the results of what you circled from above, which statements do you have the most agreement with? To what do you attribute your successes in this arena?

2a. Given the results of what you circled from the last page, which statements do you have the most disagreement with? Make a list of the ways your habits in this area are affecting your success in this course and how you may be affected in the future.

2b. What are some internal (thoughts and beliefs) influences that prevent you from making changes that would improve your situation?

2c. What are some external (access, time, cost) influences that prevent you from making changes that would improve your situation?

2d. Complete a “cost benefit” analysis of your habits from your answer from the top of the page (2a).

Pros of current behavior:

Cons of current behavior:

Pros of changing:

Cons of changing:

2e. Create a plan for change that is concrete, realistic, and time-bound.