

Post-Sprint Reflection

Name: Alex Jacob

IGNORE THE CHEMISTRY. Focus on the learning strategies. As we moved from Sprint 1 through Sprint 5, what did you learn about your study habits? Did you come up with a more effective strategy for Sprint 5 than you used in Sprint 1? BE SPECIFIC, please.

If you did NOT change strategies, please explain why you felt that no changes were required? Do you feel that your strategies are that perfect or simply that they were sufficient for what you wanted to accomplish in this course.

As the course progressed, I slowly realized that my study habits are beginning to fade. This pandemic and shift to online courses took a colossal toll on my health, both physical and mental. What I used to consider sufficient studying is now hardly enough to get passing marks. Being a high-ranking student in High School, I thought that I would be fine in college with what I had learned, but I was mistaken. From Sprint 1, I put in effort to maintain a 1 hour studying time for each course that I am taking. This lasted, at best, a few days. As the Sprints progressed, I was getting work done, but only barely before it was due. I had set a goal for myself that I would finish any assignment at least 24 hours before it was due. That was extremely hopeful and I ended up disappointing myself each time I submit anything. As the final Sprint is finished, I can strongly say that this semester was a giant disappointment for myself. I thought I would do significantly better than what I did, even though I put as much effort as I could into everything. Unfortunately, I could not come up with anything better for the last Sprint. The strategies that I had for this semester were insufficient. I hope that one day I will be able to find better strategies to help me succeed in my future classes.