Post Sprint Reflection Name: Alex Iacob

1. Have you modified your approach in any way as we’ve moved from Sprint 1 through Sprint 4? If you have not made any changes, why not? If you have, what were they?

My approach has remained basically the same. My main change it the addition of doing 1-3 OWL assignments per day to remain on task with assignments.

1. You’ve been asked to reflect on your methods and your progress at the end of each Sprint.
2. What have you observed about your methods and strategies?

I have observed that I procrastinate a lot, which I am striving to improve upon. I have also noticed that I am using more resources than before.

1. Do you detect anything in your study methods and strategies that might be improved?

I have detected that I am starting to procrastinate less. Although this is a small change, it is still a change in the right direction.

1. What have you learned through these Sprints that might be applied to your other courses? If you don’t think anything could be applied, is it because this course is so very different or because your methods do not need any improvement?

Although I have not implemented any concepts from General Chemistry, I am applying routines and habits that I have built up due to this course: small daily increments rather than do everything on the day that it is due.