

## Self-Reflection of Learning Strategies

Successful remote learning requires self-reflection, self-regulation, and self-directed motivation. You should approach learning remotely as you do learning in person (e.g., stay focused, take notes, avoid distractions, don't procrastinate) and reflect on what strategies work for you. One useful activity to do each week is to take stock and reflect on how things went, so that you can continue to do the things that helped and adapt and change for the next week if things didn't go as planned. Although life throws curveballs our way, we have a lot of choices in what we do when presented with a challenge. Reflection is a great way to think about where you are and where you want to go. Below are some questions to get you started.

Think about your week - what were your classes, extracurricular involvements, and other commitments outside of school? Consider those as you reflect on:

- **TIME MANAGEMENT:** How much time was devoted to each of your activities and each class you are taking? Was this an effective distribution? What adjustments in time allotment might have been more effective and why?
- **GOAL SETTING:** Did you plan some weekly goals, and if so, did you meet them? Look ahead to next week or more - what is due in your classes and what activities do you have scheduled outside of school? What are your goals to successfully accomplish your tasks?
- **STUDY STRATEGIES:** What study strategies did you use this past week, and did they seem helpful or not? Based on this reflection, how might you adapt these strategies or create a goal to try a new strategy in the next week?
- **SUCSESSES:** What went well this week? Why do you think you had these successes?
- **AREAS FOR IMPROVEMENT:** If you have the opportunity to rewind or "redo" something this week, what would you do differently and why?
- **TACKLING CHALLENGES:** What, if anything, did you do when you faced a challenge? What actions helped and what actions didn't help? What could you do differently to increase success?
- **SUMMARY:** Overall, rate the quality of your effort on course material for the week on a scale from 1 (POOR) to 5 (BEST) and think about what you could do to improve that score next week.