Academic Self-Reflection

College success isn't just about completing assignments, it's about learning from each experience. This reflection helps you slow down, notice your progress, and identify what strategies are working (and what might need adjusting). Use this space to celebrate growth, learn from challenges, and plan your next steps with intention.

Plus

What were my strengths? In which areas was I most successful? What did I do well?

Minus

What were my weaknesses? In which areas was I least successful? What was most difficult?

Improve

What are some specific strategies or activities I can undertake to improve particular skills for next time?