Mid-Semester Check-in

The halfway point in the semester is the perfect time to pause, reflect, and reset. This worksheet will help you take an honest look at what's working, what's not, and where you might want to make some changes. Use it to check in with your goals, study habits, energy, and overall well-being—so you can finish the semester strong and with less stress.

Start by taking a clear look at each of your courses. Use the table below to organize important information to finish strong this semester!

COURSE	MIDTERM GRADE	# of EXAMS REMAINING	POINTS REMAINING	DESIRED GRADE	POINTS REQUIRED TO ACHIEVE DESIRED GRADE

Answer the following questions to reflect on your progress so far this semester...

Where are you excelling? In what classes or what skill-areas? How can you use those strengths in other areas of your academic life?

What challenges are you facing? What parts of those challenges can you control?

How can you overcome those challenges? What support might you need to do so?

Answer the following questions to set goals for the rest of the semester...

(use the back of this sheet to expand your answers)

Based on your progress so far what are your goals for the rest of the semester. (Consider formatting these goals as SMART Goals)

What are the potential obstacles that could be in your way of achieving these goals?

How can you overcome these potential obstacles and achieve your goals?

What resources could help support you in achieving your goals?