

Name: _____

Date: _____

Take a minute to pause and reflect

Taking time to reflect on what you are learning and how you learn helps you not only with the current topic of focus, but also with your ability to learn future topics successfully.

Topic of focus: _____

I feel confident in my understanding of this topic.

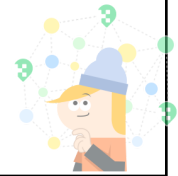
Shade in the bar to show your understanding.

Not yet

On my way

Yes, I've got this!

One new thing I learned while studying this topic is...



Circle the learning strategies you used for this topic. If a strategy is missing, write it in a blank box.

<i>Trying problems again</i>	<i>Making and reviewing flashcards</i>	<i>Teaching the topic to someone else</i>
<i>Studying with a partner</i>	<i>Asking questions</i>	<i>Reviewing my notes</i>
<i>Taking notes</i>	<i>Acting on feedback</i>	<i>Pausing for a brain break</i>
<i>Identifying connections between this topic and another topic</i>		

Take a minute to pause and reflect

I still have questions about...

One area I'd like to improve on is...

Action Plan:

Here's what I plan to do next:



I'll date I'll complete my action plan by is: _____