

## Educational Reflection Guide

Thinking about your last educational experience(s), read each question and rate yourself based on this scale:

1 = Always, 2 = Sometimes, and 3 = Never.

1. Did you understand the expectations of the instructor/professor(s)? \_\_\_\_\_
2. Did you ask for clarification/explanation if you did not understand the expectations? \_\_\_\_\_
3. Did you systematically take notes? \_\_\_\_\_
4. Did you review your notes immediately after the class and make needed clarifications or revisions? \_\_\_\_\_
5. Could you find the materials you needed to prepare for each class or for tests? \_\_\_\_\_
6. Did you use a calendar to keep track of assignments, your appointments, work, etc.? \_\_\_\_\_
7. Did you set semester goals for each class? \_\_\_\_\_
8. Were you able to complete expected readings by the due dates? \_\_\_\_\_
9. Were assignments turned in on time? \_\_\_\_\_
10. Did you consistently allow enough time to study for tests? \_\_\_\_\_
11. Did you use any of the resources at your educational setting to help you with your assignments? \_\_\_\_\_
12. Did you ever contact your teacher/professor outside of class by visiting his or her office? \_\_\_\_\_ ...Email? \_\_\_\_\_ Phone? \_\_\_\_\_

By looking at your numbers, you should have enough information to answer the following questions:

1. What did you do well during your last educational experience?
2. What are areas where improvement is needed, so you will be more successful in the future?

