

Midterm Reflection

Self-Assessment

1. Reflect on this semester so far and give yourself a grade based on your effort.
 - a. Think about work ethic, time, and consistency you have put into attending class, studying, homework, projects, papers, etc.
 - b. Think about how you expected college to be versus your experience so far
 - c. Grade: _____
2. Look up your midterm grades and average
 - a. Example: two As, one B, and two Cs would be an average of B – you can estimate)
 - b. Average of midterm grades: _____
3. Compare these two grades
 - a. Is there a disconnect in how hard you're working vs. what grades you're earning?
 - b. If so, what do you think you need to do to be where you want to be?
 - c. If the grades are the same, are you content with them?
4. Where do you want your grades and effort to be at the end of the semester? o GPA:

5. Think of what you'll need to do to get there.
 - a. Regardless of how much better you want to do, set new goals by identifying what you would like to stop, start, and continue doing.

Midterm Reflection

Write down 4 things you would like to stop, 4 things you would like to start and 4 things you would like continue this semester related to your success as a student here at Texas A&M. You can include academic, social, wellness, etc. when deciding what to write down.

Stop	Start	Continue

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	Specific Goal	Action Step	Expected Outcome
	Study & read 4 hours/week for POLS 207 and study with a friend 1 hour/week.	Put in study times in my calendar and set alarms to remind me. I will do this now.	I will pass the next test with an 80% or above, helping my grade go up to C.
Stop			
Start			
Continue			