

◆ **BEFORE THE COURSE**

(Complete this section before starting Week 1)

1. When I think about my dissertation, I usually feel:

- Motivated
- Overwhelmed
- Anxious
- Confident
- Stuck
- Avoidant

2. When I sit down to work on my dissertation, I often think:

- “I’m not ready yet.”
- “I need to understand everything before I start.”
- “I’ll work on it later.”
- “I’m not good enough.”
- “I don’t know where to begin.”

3. My current dissertation habits include:

- Procrastinating or avoiding tasks
- Waiting for motivation before working
- Overediting or perfectionism
- Difficulty starting or finishing writing
- Inconsistent work schedule

4. On a scale of 1–5, rate your current confidence in completing your dissertation:

1 2 3 4 5

5. One sentence that describes how I currently see myself as a doctoral scholar:

◆ **AFTER THE COURSE**

(Complete this section after finishing the final module)

1. When I think about my dissertation now, I usually feel:

- More focused
- More calm
- More capable
- More confident
- More consistent

2. When I sit down to work on my dissertation now, I often think:

- “I can take this one step at a time.”
- “I don’t need to be perfect to make progress.”
- “I have strategies to handle setbacks.”
- “Starting is more important than finishing today.”

3. My current dissertation habits now include:

- Regular, planned work sessions
- Starting tasks without waiting for motivation
- Using CBT tools to manage thoughts
- Writing more consistently
- Recovering more quickly from setbacks

4. On a scale of 1–5, rate your current confidence in completing your dissertation:

1 2 3 4 5

5. One sentence that describes how I now see myself as a doctoral scholar:

◆ **Reflection**

What changed most for you during this course?
