



# Duncanrig Secondary School:

## Achieving your Goals – Reflection Questions

Pupil Name	
Year Group	
Subjects	
Target Group	

1. Do you attend all classes and are you on time?
2. If the answer is No to the previous question, what can you do to improve this?
3. Are you aware of your aspirational target grade in each subject?
4. Reflecting on your Tracking Report, how can you improve your effort, behaviour and homework in classes?
5. Do you know how you are performing in your subjects?  
Components? E.g. assignments, projects, folio. Do you know what you need to do to improve?
6. How do you act on feedback to improve your performance/reach your aspirational target grade? Reports, teacher conversations
7. Study Habits:  
What do your study habits currently look like?  
Do you use a study planner? [Here is an example](#) that you can personalise. How many hours do you spend studying in a week?  
Do you set goals for yourself? What are they for your subjects?  
Do you attend supported study in school? Which subjects? How often? Which days?  
Do you have a quiet space to study at home? *If No, then do you know we can organise study spaces for you in school e.g. the Library is open Mon-Thu after school every day.*  
How do you get feedback on your study?  
Do you review your study plans at key points? E.g. class tests, Prelims, tracking reports, teacher feedback, learner conversations.
8. What methods do you use to study? E.g. Flash cards, summarising notes, mind maps.
9. What resources do you use to support your study?  
Class notes and coursework. Past Papers?  
Online resources e.g. Google Classroom, Achieve, e-Sgoil? Other. Please specify.

**10. Wellbeing**

Do you reward yourself for studying?

What does time away from studying look like? Do you limit screen time on phones/gaming?

Do you get 8 hours of sleep a night?

Do you know how to balance/manage your study time?

**11. What do you do when you find something difficult? E.g an area of a topic in a subject when you are studying.****12. Next Steps:**

What do you think you could do to improve your study habits? What goals would you set yourself for the next 4 months?

What changes might you need to make to reach your goals?

What can we do to support you with your study? E.g. do you need any resources, study spaces.