

## Mindset Self-Reflection Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Week #	Question for the Week
1.	What resources will I use to encourage me to stay motivated, work through my challenges and develop a growth mindset?
2.	Why is reviewing the syllabus for each of my classes important? What do I need to know in order to stay on top of things and be prepared this semester?
3.	What are my biggest concerns or barriers for this semester? (Specific assignments, certain professors, personal issues, etc.) How will I work through these barriers and not give up?
4.	What are <b>all</b> of my professor's names and how do I intend to connect with them so they know that my education is important to me and that I'm willing to put in the extra effort to succeed?
5.	What am I most overwhelmed about <b>right now</b> after the first month of the semester and how will I stay motivated to work through this issue?
6.	How much time and effort am I putting in to ensure that my midterms and other class assignments are getting the attention that they need? Also, how am I allowing myself to de-stress and stay positive?
7.	We are half way through the semester, am I satisfied with my study habits or do I need to challenge myself to do better? Have I communicated in some way with all of my instructors?

8. What are my current grades in **all** of my classes? Do these grades reflect the amount of time and effort I've put into studying? What can I do better to improve my grades and how will I keep up the momentum needed to finish the semester successfully?
  
9. If I could redo the beginning of the semester, what would I change? What mistakes did I make and what did I learn from them?
  
10. Have I seen my academic advisor this semester so that I'm ready to register when the time comes? What classes will I be registering for? Do I have any concerns about next semester's classes or schedule?
  
11. What am I struggling with **right now** towards the end of the semester and how can I progress in order to make it the rest of the way?
  
12. What has been my favorite and least favorite class this semester? What was my mindset for each class? How much effort did I put into each class?
  
13. What resources did I use and how did they challenge and support me to be successful?
  
14. How much time and effort have I put forth in preparing for my final exams or final papers? What class(es) made me work the hardest? Overall, do I prefer classes that challenge me a little or classes that are too easy?
  
15. What growth have I seen in myself this semester? What words of wisdom about having a growth mindset do I have for future YSU students?