

Reflective Questions for Personal Academic Performance

The following questions prompt the student to think about *what* they are learning, *why* they are learning, and *how* they can improve the overall process.

The student answers the first question—regarding what they have been learning about—then selects a sample of the other questions to prompt reflection.

They can then complete the last column with their thoughts for later review by themselves or a therapist, coach, or a counselor.

Questions to reflect upon	Reflections
What have you been learning about (today, this week, or this term)?	
Why do you think these objectives and this subject are important?	
Did you give your best effort on your most recent assignment?	
Were your strategies, skills, and procedures effective for this assignment?	
What were you most proud of regarding your thinking or learning today?	
What did you struggle with today, and how did you deal with it?	
What is frustrating you? How do you plan to deal with it?	

Questions to reflect upon	Reflections
What about your thinking, learning, or work today brought you the most satisfaction? Why?	
What made you curious today?	
Did you come to class today prepared to learn (in both your attitude and with all your supplies)?	
What are some things you did really well on this assignment?	
If you could repeat this assignment, what would you do differently?	
What class activities, assignments, or techniques helped you learn the most?	
What do you believe the teacher could have done differently to help you learn more easily?	
Name one thing your teacher did for this objective that you really liked?	
How can you prove to the teacher you know the objective?	
What can you do tomorrow to help other learners?	