Name: Section:



Date:

Score:



Mid-Year/Semester Reflection



Life gets busy. Between classes, homework, exams, and social events - there's always something demanding our attention.

To take control of our lives (amidst the busyness) we need to pause, reflect, and write.

Reflect on your school year so far by using the following questions as a guide:

- What is going well at school?
- What have you learned so far this school year?
- What are some things you wish you understood better?

• What steps can you take to overcome these frustrations?

- How are your grades?
- What grades do you want to achieve?
- What is frustrating about school?



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