



Semester Reflection Tool

Complete this semester reflection when you are in a calm, quiet place, both physically and mentally. Winter break is a great time; exams are completed but the semester is still fresh in your mind.

Allow yourself approximately 60-90 minutes to complete this assignment, and give it your full attention. While you want to be attentive to the questions, remember this is not about getting the “right” answers. Often the first answer that materializes in your brain is the best one.

Semester in Review

This section is intended to help you evaluate your past semester. This will give you a sense of the progress you have made so far, and help you identify areas where you’d like to see growth as you look toward next semester.

- On a holistic scale of 1 to 10 (*1 = never want to go through that again; 10 = that was awesome!*), how would you rate your semester? Why?
- What are three things that went well?
 - 1.
 - 2.
 - 3.
- What are three things you’d like to work on?
 - 1.
 - 2.
 - 3.



Looking Forward to Next Semester

- Review your Semester Roadmap and update if needed.
- Pick three goals for next semester. These goals can be academic, health-related, social, extracurricular, relational, or spiritual. *While it may be tempting to choose more, limit yourself to three in order to keep your goals manageable. Bring your goals to life. For example, you might create a Health-related goal of “getting more sleep,” but also include “feeling well-rested and energized throughout the day.”*
 - 1.
 - 2.
 - 3.
- How will you measure each goal? How will you know when you’ve reached it?
 - 1.
 - 2.
 - 3.
- When will you review your progress? With whom? *Set yourself up for success by reviewing on an ongoing basis (weekly or even monthly). Revisiting your goals often makes it easier to maintain focus throughout the semester. Set a specific time to review your progress, and ask a friend, parent, teacher, or tutor to help you review. The extra accountability will help you stay consistent.*
 - 1.
 - 2.
 - 3.