

Midterm Reflection

Self-Assessment

- 1) Reflect on this semester so far and give yourself a grade based on your effort.
 - Think about work ethic, time, and consistency you have put into attending class, studying, homework, projects, papers, etc.
 - Think about how you expected college to be versus your experience so far
 - Grade: _____
- 2) Look up your midterm grades and average
 - Example: two As, one B, and two Cs would be an average of B – you can estimate)
 - Average of midterm grades: _____
- 3) Compare these two grades
 - Is there a disconnect in how hard you're working vs. what grades you're earning?
 - If so, what do you think you need to do to be where you want to be?
 - If the grades are the same, are you content with them?
- 4) Where do you want your grades and effort to be at the end of the semester?
 - GPA: _____
- 5) Think of what you'll need to do to get there.
 - Regardless of how much better you want to do, set new goals by identifying what you would like to stop, start, and continue doing.



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Midterm Reflection

Write down 4 things you would like to stop, 4 things you would like to start and 4 things you would like continue this semester related to your success as a student here at Texas A&M. You can include academic, social, wellness, etc. when deciding what to write down.

Stop	Start	Continue



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	Specific Goal	Action Step	Expected Outcome
Stop	Study & read 4 hours/week for POLS 207 and study with a friend 1 hour/week.	Put in study times in my calendar and set alarms to remind me. I will do this now.	I will pass the next test with a 80% or above, helping my grade go to a C.
Start			
Continue			



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