# Learning Plan Reflection

## General Information:

|  |  |
| --- | --- |
| **Name:** | **Student Number:** |
| **Program:** | **Year:** |
| **Home Faculty:** | **Type of Petition:** |

|  |
| --- |
| *To be filled in after meeting*  **Learning Consultant Name:**  **Meeting Date:** |

## **Section 1: Assess Factors Related to Your Success**

Review the list below and mark each item that may have limited your success in the past or may impact your success moving forward.

Common Factors that Impact University Student Success

|  |  |  |  |
| --- | --- | --- | --- |
| Physical illness or injury |  | Substantial family commitments |  |
| Financial problems |  | Alcohol or other substance abuse |  |
| Dating or other relationship issues |  | Mental Health Issues |  |
| Housing or roommate concerns |  | Unclear of program/major interests |  |
| Trouble with friendships |  | Lack of motivation or meaning |  |
| Homesickness |  | Racial, religious or other diversity issue |  |
| Trouble sleeping or lack of sleep |  | Distracted by technology/gaming |  |
| No career goals |  | Substantial work commitments |  |
| Coach, teammate, or colleague issues |  | Long commute to campus |  |
| Distractions from problems at home |  | Other: |  |

List and describe 1-3 areas of challenge that have impacted your academic success in the past. You can elaborate from the list of common factors above. (1-2 sentences each).

## **Section 2: Study Skills Assessment**

List and describe three strengths that have helped you succeed academically in the past. (1-2 sentences each).



Review the list of skills and strategies below and identify the areas you struggle most with. Rank them from 1-8 with 1 being the area that needs the most improvement.

Strategies & Resources for Academic Success

|  |  |  |  |
| --- | --- | --- | --- |
| Goal Setting |  | Motivation and Attitude |  |
| Note Taking and Reading Strategies |  | Time Management and Procrastination |  |
| Exam & Exam Anxiety Strategies |  | Connecting with Campus Resources |  |
| Concentration and Study Strategies |  | Health and Wellness |  |
| Balancing extracurricular activities |  | Balancing work/volunteer hours |  |

## **Section 3: Action Plan for Academic Success**

Choose the top four impacts, skills, or strategies that you would like to work on. Outline the resources you will use and steps that you will take this term to make improvements.

#1: **Example:** Time management(remove this example to complete your first action item)

Goal: specific goal related to time management

Resources to help you achieve your goal:

* Example: Visit Student Success Services
* Example: Book a time management coaching appointment
* Example: Use online resources

Action Plan & First Step:

What specific actions will to take to achieve this goal?

#2:

Goal:

Resources:

Action Plan & First Step

#3:

Goal:

Resources:

Action Plan & First Step:

#4:

Goal:

Resources:

Action Plan & First Step: