First Trimester Reflection

Please address the following as completely and thoroughly as possible. This will enable me to better assist you throughout this course.

1. What courses did you take first trimester? How would you evaluate your performance in each of these? Explain.

	Performance – may describe qualitatively or quantitatively (provide an approximate grade)	Reflection – explain your performance, your feelings about your performance, provide a "rationale" of sorts
1 st		
2 nd		
3rd		
4 th		
5 th		

2. What were some of your involvements during first trimester? (i.e. athletics, a job, responsibilities at home, etc.)

3. What are some things you were most proud of during first trimester? Again, these things could be related to academics, athletics, juggling responsibilities, postsecondary plans, work habits, employment, etc.

4.	What were some of your "hurdles" or challenges during first trimester? How would you rate your ability to jump those or manage those? Is there anything you would do differently?
5.	What are some of your strengths? These do not have to be academically related, but they can be. What are some skills you have?
6.	What are some areas you've identified for improvement? These also do not have to be academically related, but they can be. How have you thought about working on these things?
7.	What were some realizations you had during first trimester of this year? These could be related to academics, athletics, juggling responsibilities, postsecondary plans, work habits, "real life", etc.
8.	What are your postsecondary plans at this moment? What is it you're interested in career-wise? How are you planning to accomplish this?

9.	What are some potential hurdles in accomplishing the above?
10.	Who at home would be able to assist you with the college and scholarship application process?
11.	What are some anxieties you have about your future, your postsecondary plans?
12.	What are some of your interests, not school-related? What are some things you're passionate about?
13.	Please describe some ways I can best help you or important information I should know that will allow me to best assist you throughout the trimester: