**Reflecting on my studies**

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| **Please rate the degree to which the following statement is true for yourself:** | **1**  **not at all true for me** | **2** | **3** | **4**  **Neither true or untrue** | **5** | **6** | **7**  **very true for me** |
| **During teaching sessions I often miss important points because I'm thinking of other things.** |  |  |  |  |  |  |  |
| **When reading for this course, I make up questions to help focus my reading.** |  |  |  |  |  |  |  |
| **When I become confused about something I'm reading for this course I go back and try to figure it out.** |  |  |  |  |  |  |  |
| **If course materials are difficult to understand, I change the way I read the material.** |  |  |  |  |  |  |  |
| **Before I study new course material thoroughly, I often skim it to see how it is organized.** |  |  |  |  |  |  |  |
| **I ask myself questions to make sure I understand the material I have been studying in this course.** |  |  |  |  |  |  |  |
| **I try to change the way I study in order to fit the course requirements and lecturers’ teaching styles.** |  |  |  |  |  |  |  |
| **I often find that I have been doing reading for the course but don't know what it was all about.** |  |  |  |  |  |  |  |
| **I try to think through a topic and decide what I am supposed to learn from it rather than just reading it over when studying.** |  |  |  |  |  |  |  |
| **When studying for this course I try to determine which concepts I don't understand well.** |  |  |  |  |  |  |  |
| **When I study for this course, I set goals for myself in order to focus my activities on what I need to do.** |  |  |  |  |  |  |  |