



Use this worksheet as a reflection companion to the SRU Success Coaching "It's Your Education: Own It!" workshop. Use the questions below to consider how you can better self-direct and self-regulate your learning journey. Reach out to a Success Coach using the contact information at the bottom of this page if you would like to meet to work on these areas of your college student experience and academic growth.

## O Orient Your Mindset

What is my attitude/mindset toward learning (a class, topic, or college in general)?

Pulling from my positive experiences and positive psychology practices, how can I cultivate an open-mindset and learning-focused mindset?

Reflect on previous successes. What were my strengths in those moments? How can I use those strengths now?

In what ways do I need to work on my mindset and attitude this semester? What barriers are causing negativity or a fixed mindset? How might I improve my mindset toward academics?

Do I practice gratitude? How?

## W Why? Exploring Your Purpose

What is my personal "why" for attending college? For choosing this major?

What are my core values? (Use a values activity to explore values). How do I "live" in my values?

## N Nourishing Your Motivation

What motivates me? (Recall a memory of feeling motivated toward academics in the past).

What resonated with me in Eric Thomas' video "Do Whatever It Takes"?

What type of learner am I? How can I move toward being a deep learner?



## Identifying Healthy Habits

What habits do I currently have that are unproductive and get in the way of my learning?  
Re-write the habit to be healthier.

Cue:

Routine:

Reward:

What strategies might I try in order to prioritize and manage my goals and time?

What wellness and stress management strategies keep me healthy as I pursue my academic goals?

What academic and learning strategies were most effective for me? Were these specific to certain content? Are there tools or resources that I should keep using or start using?

## T Time Management: Strategies for Success

Using the concepts of time-blocking and habit-tracking, track how you spend your time for one week. Set goals and attempt to follow them, and if you stray you're your plan, keep track of what you do with your time instead. Each day, assess your academic habits using these questions:

What time of the day am I most productive?

What distractions get in my way? How might I eliminate them?

Which of my daily routines are NOT working for me? How should I change this routine that better fits my personal learning preferences?

What time management tools are helping me best keep on track and focused with my responsibilities?