SEMESTER WRAPPER

*Getting Started This Semester*

# PURPOSE & INSTRUCTIONS

The purpose of this wrapper is to provide you with the opportunity to set goals and reflect on which study strategies you plan to use this semester. By filling out the wrapper, you are practicing [metacognition](https://learningcenters.rutgers.edu/scarletskills), the number one predictor of academic success[[1]](#endnote-2). Reflect on how you have studied, what worked, and set a plan for this semester.

REFLECT

On a scale of 1 to 10, how well does your academic performance match your goals and effort? (1 = Not well at all, 10 = Perfectly)

How would you describe when and how you typically prepared for assignments and exams?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Almost always | Most of the time | About ½ the time | Some of the time | Never or rarely |
| I studied or worked on the assignment at least 3-4 days before the deadline. |[ ] [ ] [ ] [ ] [ ]
| I spread my work across multiple days/sessions. |[ ] [ ] [ ] [ ] [ ]
| Each session was an hour or longer. |[ ] [ ] [ ] [ ] [ ]
| I studied or worked on the assignment with other students. |[ ] [ ] [ ] [ ] [ ]
| I went to office hours, review sessions, tutoring, etc. |[ ] [ ] [ ] [ ] [ ]
| My studying consisted of passively reading over notes and watching videos. |[ ] [ ] [ ] [ ] [ ]
| I reorganized my notes and created visual aids of my own. |[ ] [ ] [ ] [ ] [ ]
| I quizzed myself and completed practice problems. |[ ] [ ] [ ] [ ] [ ]
| I explained my understanding to others. |[ ] [ ] [ ] [ ] [ ]
| I summarized or mapped out key concepts in my own words. |[ ] [ ] [ ] [ ] [ ]

REFLECT (cont.)

Describe what you are doing well when preparing for assignments and exams.

PLAN

What academic goal(s) do you want to achieve this semester?

Describe what you want to improve on when preparing for assignments and exams. What are 2-3 strategies or resources that you want to use?

1. **For more on metacognition and free academic support services, visit:** [**learningcenters.rutgers.edu/scarletskills**](http://learningcenters.rutgers.edu/scarletskills) [↑](#endnote-ref-2)