

EXHIBIT 8.4. Try It! Weekly Self-Evaluation for Studying

Check off the things you accomplished this week.

- ☐ I studied in a quiet place.
- ☐ I made a study schedule and kept to it.
- ☐ I completed all my homework assignments.
- ☐ I kept my folders, notebooks, and study area organized.
- ☐ I studied during my self-identified “peak period.”
- ☐ I took notes in class and followed the note-taking suggestions.
- ☐ I used techniques to listen and focus better in class.
- ☐ I sat in the front of the class.
- ☐ I asked at least one question in class.
- ☐ If the teacher asked questions or asked for comments, I responded at least once.
- ☐ I reviewed and updated my notes fairly soon after class was over.
- ☐ I followed the suggestions in this book for reading.
- ☐ Each night I prepared for the day ahead (checked my calendar, got things I needed together).

Now, summarize your week:

The thing that worked best for me this week was _____

The thing I wasn't too successful with was _____

My goal for next week is _____
