

Mid-Semester Check-In: Quick Self-Reflection

This brief self-assessment is designed to help you pause and reflect on your progress for the semester. It invites you to consider how your habits, well-being, and supports are working for you right now. Your responses are for your own insight and can be a useful starting point for conversations and planning. You can use what you learn to identify one or two small steps that could help you finish the term with confidence and clarity.

Instructions:

For each statement below, think about the past 2–4 weeks and rate how true it feels for you:

- 0 = Not at all true for me
- 1 = Somewhat true for me
- 2 = Very true for me

Write your score (0, 1, or 2) beside each statement, then add them up for a total out of 14.

1. My mindset, mood and stress management support my ability to learn and focus. _____
2. My study strategies, time management and organization help me feel prepared and confident in my courses and workload. _____
3. I feel engaged (or excited) in what I am learning and on track to achieving my personal, academic, and career goals. _____
4. My work, finances, and personal responsibilities are well-balanced with my school commitments. _____
5. My physical health (sleep, energy, and medical needs) supports my learning and focus. _____
6. I use campus supports and resources in ways that help my academic and personal success. _____
7. I am clear about my current standing in each course, as well as the key deadlines and exam dates for the rest of the term. _____

Total score (add all 7 items): _____ / 14

How to read your score:

- **0–4 points:** You may be facing several challenges right now. It could help to focus on one or two areas and talk with someone about next steps.
- **5–9 points:** You have some solid strengths and a few areas to adjust. Small changes and using supports can make the rest of the term smoother.
- **10–14 points:** You appear to be in a generally strong position. Keep building on what works and fine-tune any areas that scored lower.

Next steps:

If you'd like support in understanding your results or turning them into an action plan, you are encouraged to review this self-assessment with the Academic Strategist (Coaching). Together, you can explore tools, strategies, and campus resources to help you create a clear plan for a strong second half of the semester.

[Book Academic Coaching Here](#) or call 403-529-3819.