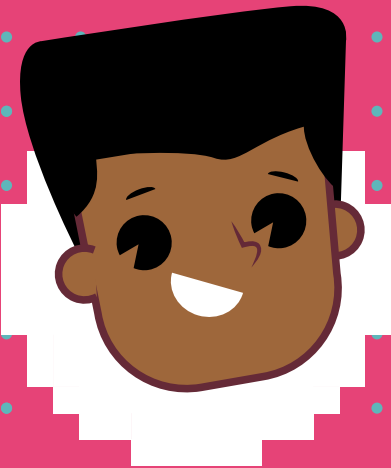









NOVEMBER

NOV



“Keep your eyes on the stars, and your feet on the ground.”

— Theodore Roosevelt

Mon	Tue	Wed	Thurs	End of Week
				<b>1-2</b> Do I feel refreshed after hanging out with friends?
<b>3</b>  CLICK TO GO	<b>4</b> What habits impact my learning and studying?	<b>5</b> What could I do to improve my wellbeing this month?	<b>6</b>  CLICK TO GO	<b>7-9</b> How can I reward myself after reaching a goal?
<b>10</b> When do I feel most focused?	<b>11</b> What is motivating me to study?	<b>12</b>  CLICK TO GO	<b>13</b> Do I skim, or read questions carefully?	<b>14-16</b> What kind of questions do I struggle with?
<b>17</b> What are the clues in a question that help me understand?	<b>18</b>  CLICK TO GO	<b>19</b> How can I shape my answers to the exam question?	<b>20</b> Do I tend to over or under-explain my answers?	<b>21-23</b> Do I know subject specific phrases to improve my answers?
<b>24</b> What is one thing I am proud of this month?	<b>25</b> What can I do to help myself relax & recharge?	<b>26</b> What mind-set do I want to carry forward?	<b>27</b>  CLICK TO GO	<b>28-30</b> What could I do differently to help feel more prepared next month?