1. **What are you hoping to learn in this class? Are there any skills you are hoping to walk away with?** This can be a particular topic, application in a field you're interested in, why this subject matters, etc.
2. **What grade are you hoping to achieve in this class?**

A

B

C

I just want to pass.

1. **What grade would you be OK with in this class?**

A

B

C

I just want to pass.

1. **On a scale of 1-5, how confident are you that you will receive your goal grade?**

5 - Very confident

4 - Confident

3 - Somewhat confident

2 - Not confident

1 - Not confident at all

1. **What makes you confident or doubtful of your ability to do well in this course?**
2. **Now estimate how many hours per week you plan to spend on studying or completing assignments for this class (excluding class or lab time).**

If you're not sure yet, it's alright. This will serve as a baseline to compare yourself to later in the semester. *Half hour increments (i.e. 0.5) are acceptable.*

**Weekly total:**­\_\_\_\_\_\_\_\_\_\_\_hours

1. **Select at least one strategy that you will use to help you space out your studying.**

Choose as many as you like.

* Start assignments early and give myself more time than I think I need to complete them.
* Schedule time on my calendar to study/review for this class a little bit each day rather than cramming everything in fewer days.
* Practice problems or review class material daily.
* Review the material (in the book for example) before it’s covered in a lecture/class for a deeper understanding.
* Summarize the main points of all of my notes from any lectures, videos, and/or readings (because just re-reading isn’t effective.)
* Set reminders and add all due dates and test dates to a calendar I check regularly.

1. **Select at least one strategy that you will use to help you challenge yourself.**

Choose as many as you like.

* Explain each concept to a friend or out loud– if I can’t explain it then I don’t know it (yet!)
* Attempt problems without using any resources (notes, book, etc.)
* Take practice tests and time myself as if it is a real test.
* Create flashcards– the act of creating them is itself a study tool and they can also be used to test myself.
* Shuffle the topics I'm studying (interleaved learning strategy) rather than focusing on one thing at a time and look for connections between them.
* Create concept maps to understand the relationships between concepts I'm learning - concept maps are visual representations of information such as venn diagrams, flowcharts, etc.

1. **Select at least one strategy that you will use to help you get outside help.**

*Choose as many as you like.*

* Go to office hours even if you don’t know exactly what to ask – your instructors are there to help you.
* Form study groups with classmates and meet regularly.
* Pair up with another student to work together on classwork, studying, and quizzing each other.
* Visit the tutor/help center on campus– they are also there to help you.

1. **Select at least one strategy that you will use to help you to optimize your environment and motivation**.

Choose as many as you like.

* Designate or create a study area without distractions at home and/or on campus.
* At least once before a test, study or take a practice test in a similar (or the same) environment to where the real test will be - this has been shown to increase memory during a test.
* Set clear goals for each study session to stay on task and know when it is complete.
* Put away my phone and close unrelated browser tabs when studying.
* Get enough sleep every night, especially before tests (7-9 hours.)
* Break up my study sessions into achievable chunks (20-40 minutes) and reward myself with short (5-10 minute) breaks to help my motivation and focus.

1. **What year are you?**
2. **What plans or intended career path are you considering after completing your current or intended program/transfer/graduation?** Try to be as specific as possible.
3. **Which area best describes your *current* primary declared or intended major?**
4. **Why are you taking this class?**

* It's specifically required for my degree or program
* It's fulfilling a requirement for my degree or program (e.g. gen ed, core class, elective)
* It isn't required but I am interested in the subject
* Other

1. **If you've taken this class before, where did you take it?**

* This is my first time taking this class
* At this school
* At a different college/university
* Other

1. **Are there any outside obligations or obstacles that you’d like your instructor to know about?**
2. **How strongly do you agree with the following statement:**

***This survey gave me an idea for at least one strategy to try.***

7 - Strongly agree

6 - Agree

5 - Somewhat agree

4 - Neither agree nor disagree

3 - Somewhat disagree

2 - Disagree

1 - Strongly disagree