**Learning Paragraph Prompts**

[**https://youtube.com/watch?v=m1KJBlA3urE&feature=shares**](https://youtube.com/watch?v=m1KJBlA3urE&feature=shares)

1. First day [self-assessment survey](https://wichitaedu-my.sharepoint.com/personal/q357w423_wichita_edu/Documents/FirstDaySelfAssessment.docx?web=1)
2. Metacognition is the ability to think about thinking, be consciously aware of oneself as a problem solver, accurately judge one's level of learning and to monitor and control one's mental processing.  This week we will engage in metacognition as you respond to these questions.

As we move into the second week of classes please respond to one or more of these three questions in a short paragraph:

1.  What do you believe is important to understand and learn in this class?

2.  What questions are you asking yourself about the material covered so far?

3.  What do you predict your grade on the first quiz will be?  Was this what you anticipated before taking the quiz?  Why or why not?

1. Can of Bull – [Energy Drink Research](https://wichitaedu-my.sharepoint.com/personal/q357w423_wichita_edu/Documents/EnergyDrinkActivity.docx?web=1)
2. If a genie granted you three wishes related to this course what would they be?  You should use the following categories for each wish.

1)  Something I would change about myself.

2)  Something I wish Dr. Beck would do differently.

3)  Something I wish I could go back and change before Exam 1.

1. What was the hardest topic we covered related to Exam 2 material (proteins, allostery, enzymes, etc.)?  Why was it difficult?
2. Let's keep it positive!  What has been your favorite part of this course?  A specific topic, activity, realization, etc.?  What would you like to learn more about?
3. Post Exam 2 Reflection:

(1)  Explain in as much detail as possible how you spent your time studying?  (For example, did you summarize your notes?  Did you make and use flash cards?  Etc.)

(2)  Examine your first two exams and look for patterns in those items you missed.  Did you misread the questions?  Were certain topics more difficult for you?  Did you run out of time?  Did you do well on certain types of questions?

1. Now that we have moved into material covering metabolic pathways, what adjustments have you made to your study strategies?  What makes this material more difficult to understand?
2. We're officially over the hump and some might say it's all downhill from here.  Yet, this is also a point in the semester when you may find it more difficult to stay motivated.  How are you going to ensure that you keep up your momentum in the course, make a course adjustment, or increase your pace to ensure a win at the finish line?  Is there anything Dr. Beck can do you help keep you motivated?
3. Have you ever thought about how much time you have each week and how you are using it?  Many of us struggle with time management and so this week I want you to fill out the attached [168 hours worksheet](https://wichitaedu-my.sharepoint.com/personal/q357w423_wichita_edu/Documents/Teaching/CHEM%20661/Fall%202022/Assignments/168%20hours%20exerciseMB.docx?web=1), adding any activities that aren't on the list.  Where is your time going?  Are you spending your time wisely?  Is there time you can't account for?  What changes could you make that would benefit your health, social life, academic performance, etc.?
4. Nitrogen Footprint Activity:
   1. Use the Nitrogen calculator to determine what your Nitrogen Footprint is <https://staging.nprint.org/::YYYz>
   2. Determine and discuss what factors in your daily life have the greatest impact on your footprint.
   3. What are small changes that you could make to decrease your N footprint?
5. Gratitude has been [scientifically proven](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwi__JCT7b_7AhWXkmoFHYsRCpoQFnoECAsQAQ&url=https%3A%2F%2Fhealth.ucdavis.edu%2Fmedicalcenter%2Ffeatures%2F2015-2016%2F11%2F20151125_gratitude.html&usg=AOvVaw0hl6h5ibRc-LWAElTfcS5I) to be a critical ingredient for a happy, healthy life.  The most recommended way of practicing gratitude is through gratitude journaling, and what better time of the year then Thanksgiving to show your gratitude.  Feel free to use any of these prompts or the hundreds of gratitude journal prompts found [here](https://blog.gratefulness.me/20-gratitude-journal-prompts-for-self-discovery/).

1. What excites you about the future of biochemistry/scientific discovery?

2. What do you love most about biochemistry?

3. Name five things that you learned in this class that make you smile.

4. List 5 proteins in your body that you are grateful for.

5. Which recent experience in school taught you a big lesson?

1. What is going to be your study strategy for the ACS final exam in this course?

Be specific about approach, timing, location, partners, etc.

1. Final Exam Review: Each of you should submit 4 practice questions and answers corresponding to the assigned items from the ACS Review Guide.  Please try to coordinate with your other group member so that questions are not too similar.

See second page to locate group and assigned items.