

FIRST GEN SUCCESS

REFLECTION QUESTIONS

Use these questions as a starting point for reflecting on your previous semester. When you identify items you struggled with last semester, think about what you can do differently this semester. Consider getting in touch with campus resources that can provide you with tools, information and services to help.

ACADEMIC

- Did you ever struggle with attendance in any of your classes? If yes, why?
- Did you feel confident in your understanding of the material?
- Did you feel your grades represented your abilities? Were you satisfied by your ability to study?
- Were you able to complete most of your assignments?
- Were you motivated to do well in your classes?
- Were you able to manage your time effectively?
- Did you get along with your teachers and classmates?
- Would you have benefited from a tutor or a study group?

WELLNESS

- Did you regularly eat food with adequate nutrition and calories? Did you usually feel satisfied after eating?
- Did you sleep adequately? Did you feel rested most days?
- Did you feel physically well most of the time?
- Did you feel emotionally connected to other people? Were you able to get along with others?
- Were you able to exercise in an enjoyable way?
- Did you feel happy or content most days?

GENERAL

- Were you ever worried about money or unable to afford necessities?
- Did you have consistent access to food and housing?
- Did you have access to suitable clothing for the weather?
- Were you steadily employed? If yes, did that income meet your needs? Were you able to rely on that income?
- Did you have access to reliable transportation?

CAMPUS RESOURCES

There are lots of campus resources that exist in order to help you succeed in your academics, your career plans, your social life, and your health and wellness. Learn about resources available to you at wichita.edu/FGSresources.

Not sure where to start? Get in touch with the CARE Team at wichita.edu/CARE.

