







Think about last semester ...

- · What was something I did really well?
- What was a challenge for me?
- What helped me learn best?
- What would I like to do differently?

RESET

Start fresh with new habits and ideas ...

- What habits do I want to change?
- Is there anything I want to stop doing?
- How can I feel more positive and ready to learn?

REFOCUS

Get clear on what's most important ...

- What are my top 3 learning goals this semester?
- How will I try to reach them

REIGNITE

Find your motivation and excitement ...

- What am I excited to learn or do this semester?
- How can I make learning fun for myself?
- Who can I ask for help or support if I need it?

