

Figure 2: Self-Assessment Checklist

Name _____

Date _____

YES	NO	
		Preparation for class
		Do I complete readings prior to class?
		Do I complete assignments prior to class?
		Do I review class topic and objectives prior to class?
		Attendance in class
		Do I attend all lectures?
		Do I arrive on time for class?
		Do I attend staying for the entire class?
		Do I avoid frequently leaving the classroom during class?
		Engagement in class
		Am I attentive and not distracted by personal devices, social media, work for other classes, etc.?
		Do I take good notes during class?
		Do I participate in class discussions?
		Review after class
		Do I review my class notes after each class?
		Do I remediate unclear content from lecture (lecture/notes)?
		Exam review
		When I received my first quiz/test grade that was not to the best of my ability, did I make an appointment with the teacher?
		When I received my first quiz/test grade that was not to the best of my ability, did I make an appointment at the SASC?
		Standardized norm-referenced tests (NRT) and electronic resources (PrepU)
		Do I use electronic resources (PrepU) as instructed and achieve the mastery level specified by the course?
		Do I exceed the specified mastery level on PrepU to improve application of content?
		Have I done all the focused reviews with NRT (Kaplan) as assigned, including remediation?
		Have I completed all the remediation within the assigned NRT (Kaplan) Integrated Exams according to the rubrics?
		General
		As I reflect, do I spend at least twice as much time studying as didactic time the course is delivered?
		Do I make excuses for not reaching out to the SASC?

How much do I work? _____ Does work cut into my study time? _____

How much do I sleep? _____ Do I feel rested in class/clinical? _____

How much do I exercise/engage in other self-care? _____

List any other factor _____