## REPRODUCIBLE

## **ACADEMIC CHALLENGE REFLECTION**

Answer the questions to reflect on how you felt about the level of academic challenge in class today. Today in class, was the work too easy, just right, or too hard? How did I feel when I faced this level of challenge? When were these feelings strongest? Why? What did I do in response to my feelings? What were my behaviors? What could I have done differently? What might I try next time?