FIGURE 5.2

Check for Understanding—Reflecting

1. When should you reflect?
   a. After I have reached my goal
   b. When I am monitoring and adjusting my plan
   c. As I make my plan
   d. All of the above
2. Which of the following best describes the purpose of reflection?
   a. Pointing out everything I've done wrong
   b. Focusing only on my strengths so that I can build on them
   c. Self-evaluating what works well for me and determining changes to my efforts for future planning
   d. Identifying what could go wrong so that I can avoid it

True or False

3. _____ When reflecting, it is important to compare my performance to others so that I know I am working hard enough.
4. _____ Reflection is most important after I have reached a goal. It's not necessary if I give up on my goal.
5. _____ I don't need a test grade to reflect on my preparation for a test.