

GOOD STUDENT BEHAVIORS CHECKLIST

Ask yourself the following questions to determine if your study methods can be more effective.

■ GENERAL ATTITUDE

- Do I believe that this class is beneficial to me and my future?
- Do I recognize that even though I will struggle at times, that is not a reflection of my value or my worth?
- Do I recognize that I have room to grow and that I can always make improvements?
- Do I have a plan on how to make adjustments when I hit obstacles in this course?
- Am I willing to ask for help when needed?
- Am I willing to try new things that may be uncomfortable at first because I want to be a better student?

■ DURING CLASS:

- Do I come to class a few minutes early to get settled before class begins?
- Am I in the appropriate mindset for class?
- Am I prepared when I come to class? (e.g. notes printed, assignments turned in at teacher's desk if applicable, pencil sharpened, etc)
- Do I put my phone and other distractors away during class?
- Do I review my notes from the last class as I am waiting for class to begin?
- Do I actively participate in class?
 - Do I take notes during class?
 - Do I answer questions when the instructor asks them?
 - Am I thinking about the problems and working them with the instructor while we're taking notes?
- Do I remain in class the entire class period, only leaving when absolutely necessary?

■ OUTSIDE OF CLASS:

- Do I read through the book/notes before I come to class?
- Do I read over my notes after class?
- Do I work all examples from class notes after class (before the next class)?
- Do I keep up with the material covered in class?
- Do I work at least two math problems every day at least five days a week?
- Do I do all the homework?
- Do I read/work the examples in the book?
- Do I go to student walk-in hours (office hours) or the Learning Lab if I don't understand a concept?
- Do I prepare for my quizzes/exams by working problems ahead of time with no aids of any kind?
- Do I review my quizzes/exams after they are graded to see what concepts are not clear to me?
- Do I study for a quiz or exam over multiple days (not just the night before)?
- Do I study in an environment similar to the quiz/exam environment?
- Do I make myself a practice quiz/exam and take it under timed/closed book conditions?
- If I have to miss class, do I watch the lecture videos and ask a classmate what I missed?

On the back of this paper, list at least three specific things that you will do differently before the next exam. Also, explain HOW and WHEN you will do them.