**End-of-Year Self-Evaluation Checklist**

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| **This Past Year** | **Rarely/Never** | **Sometimes** | **Always/Often** |
| ☐ I came to class prepared. |  |  |  |
| ☐ I completed all assignments. |  |  |  |
| ☐ I met all deadlines. |  |  |  |
| ☐ I participated actively during class discussions. |  |  |  |
| ☐ I took good notes during class (writing questions, using color, adding sketches, enumerating, circling, underlining, and drawing boxes around important information). |  |  |  |
| ☐ Whenever I had an exam, I planned several study sessions to actively review the material. |  |  |  |
| ☐ I used active skills to study for tests (writing, drawing, reciting, visualizing, generating my own questions and responses). |  |  |  |
| ☐ I told myself, “I can do this even though I haven’t figured it out *yet*.” |  |  |  |