

## Cognitive Wrapper - Mid Semester

The purpose of this wrapper is to provide a structured opportunity to reflect on your study strategies and academic performance so far this semester. This wrapper focuses on **evaluating** how effective you have been with your learning. This insight will be useful as you **plan** for the remaining weeks of the semester. **There are no correct or incorrect responses, but we encourage you to answer honestly so that you can accurately identify what is or is not working for you - and adjust accordingly!**

### Q1. In terms of academic difficulty, this semester has been:

- Easier than I expected
- About what I expected
- Harder than I expected

Please explain:

### Q2. How would you describe your overall efforts in your courses this semester?

### Q3. Describe two things you feel you are doing well when preparing for assignments and exams?

### Q4. Which of these common challenges for college students have you encountered? Select all that apply.

- Adjusting to the faster academic pace and expectations at the University of Iowa
- Difficulties focusing during study sessions due to distractions
- Managing my time and priorities
- Not excited about or interested in current courses
- Procrastinating until the last minute to study for exams or finish assignments
- Study strategies from high school/previous institution are not working

### Q5. How would you describe WHEN and HOW you typically prepared for assignments & exams?

	Never or rarely	Some of the time	About ½ the time	Most of the time	Almost always
I studied a day or two before the deadline					
I studied at least 3-4 days before a deadline					
My study sessions were 30-60 minutes					
My study sessions were an hour or longer					
I studied on my own					
I studied with other students					

**Q6. To what extent did you use the following strategies and resources to learn material:**

	Never or rarely	Some of the time	About ½ the time	Most of the time	Almost always
Attended Supplemental Instruction (SI), Tutoring, Departmental Help Lab, or class review sessions					
Completed assigned readings/problems before class					
Created concept maps, flow-charts, or other visual representation of key ideas					
Created my own study guide & practice questions					
Explained concepts to someone else					
Reread and highlighted textbook before exams					
Rewrote my class notes					
Searched external sources (videos, Youtube, etc.)					
Summarized key topics in my own words					
Tested myself with flashcards, Quizlet, or similar					
Visited instructor and/or TA office hours					
<b>Other:</b>					
<b>Other:</b>					

**Q7. Based on your evaluation of last semester so far, identify 2-3 strategies or resources that you want to start or continue using and describe how you plan to implement them.**

*The more specific you are about **how** and **when** you will use these strategies, the more likely it is that you will follow through with your plan!*