

SAT Self-Reflection Form

Name _____ Subject _____ Date _____

In order to achieve your goal score, you must be able to reflect on your work, habits, and motivation. In that way, you can effectively analyze your weaknesses and take the necessary steps to improve in these areas. Remember: Your improvement ultimately depends on your willingness to work hard, study, and effectively utilize the tools you have been given.

Initial Score _____ Latest Score _____ Goal Score _____

For each of the following metrics, rate yourself on a scale of 1 - 10; the higher you rate yourself the more successful you have been in each of these areas.

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| Time Management (Do you struggle to finish this section of the test in the allotted time?) | 1 2 3 4 5 6 7 8 9 10 |
| Homework Quality (Based on Scores) | 1 2 3 4 5 6 7 8 9 10 |
| Quiz Quality (Based on Scores) | 1 2 3 4 5 6 7 8 9 10 |
| Motivation (How would you rate your motivation to succeed? Have you turned in all assignments? Studied lessons throughout the week?) | 1 2 3 4 5 6 7 8 9 10 |
| Test Readiness (If you had to take the test tomorrow, how confident are you that you would make your goal score?) | 1 2 3 4 5 6 7 8 9 10 |

1. What specific skill do you need to improve the most? What is your biggest weakness on the test?

2. Next Steps: How do you plan to address this area of weakness?

Overall Purpose: Every three weeks, students will use their progress monitoring form and other data to reflect on their progress, their motivation, and their test readiness. They will then consider the next steps they need to take to address core weaknesses. Students will hand in the form to instructor, and it will be returned to them the following week with teacher feedback. This form forces students to take a more targeted and in-depth approach to their test preparation, which ultimately results in stronger test performance.