

Understanding Your Mind

These reflection questions can help both of us—me as your teacher and you as a student—understand things about how you think and learn. Answer as honestly as possible so that we can both get to know you better!

1. What bothers you?

2. Who or what has been frustrating you or making you angry this week?

3. Has this person or thing that is frustrating you now been frustrating you for longer than a week? If so, about how long has it been frustrating you?

4. What is preventing you from getting your work done (what is causing you to lose focus)?

5. What is causing you to have difficulties in _____ class or group?

6. What were you thinking about when _____ incident occurred?

7. What makes you happy?

8. What makes you feel proud?

9. What makes you feel sad?

10. What makes you feel angry?

11. What would your perfect day look like?
