What goal or accomplishment did I set for myself today and did I meet it? If none, why not?

What did I like or enjoy about today’s class? Why?

What did I dislike about today’s class? Why?

What success did I have today and why do I consider it a success?

What did I have trouble with today and what did I do or will I do to overcome the issue?

What are some actions I might do between this class and next to help me become more successful?

What did I learn today that I could apply to another setting (i.e. class) or situation (i.e. project)?

What are goals or activities am I planning to work on next class?