

# Pre-Program Reflection



Who?

Who do you study with?  
Who assists you in your study routine?

What?

What do you study?  
How do you know what to study?

When?

When do you study?  
How do you plan when to study?

Where?

Where do you study?  
What does your study space look like?

Why?

Why do you study?  
What motivates you to study?

How?

How do you study?  
What strategies do you use?