Weekly Study Reflection

Grades 6-7 | Executive function | Flexible support

Learner: _____ Date: _____

Reflect on one week without judging yourself. Identify what helped, one barrier, and one small adjustment for next week.

WHAT I WORKED ON

A STRATEGY OR SUPPORT THAT HELPED

ONE BARRIER OR ENERGY NEED

ONE SMALL CHANGE FOR NEXT WEEK

Grown-up note: Responses may be written, drawn, dictated, or completed with AAC. A useful adjustment is specific, realistic, and flexible.

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