

We first need to define a few things that will help guide our planning, and then think about how to create a specific plan to overcome the obstacles to success that we have identified.

1. **Background:** For each of the following items below, identify what things could be improved.
 - a. **School-life balance:** Success in school, especially in difficult disciplines like physics, often requires you to view your education as a full time (at least) job. Do you think you give the necessary attention/dedication to your studies to be successful?
 - b. **Class attendance:** Do you attend class regularly and come prepared by having thought about things in advance, including the assigned reading and other work?
 - c. **Focus:** Do you find yourself distracted by wandering thoughts and unable to focus on your work, either in class or at home?
 - d. **Motivation:** We don't expect that you will be excited about everything, but there should be something that you want to work for. Are you interested in your studies?
 - e. **Goals:** Motivation often follows from having specific goals for achievement. Do you know why you are here and have a sense of what you want to do after college?
 - f. **Study space:** A good work space is necessary and should include a desk big enough to hold your books and paper/computer, good lighting, and a quiet space that allows you to focus. Do you have a good study space where you can work?
 - g. **Study patterns:** Do you set aside dedicated, regular time to study where you are free of distractions (not checking social media, watching movies, etc.)?
 - h. **Study skills:** Do you make use of the textbook by reading it thoroughly, take good notes and review them, and make a real effort at completing assignments without using outside resources like Chegg or other similar solution services?
 - i. **Support:** We all have areas of natural talent and areas where we need to work harder than others. Do you feel that you need additional support to help you achieve your desired level of success? If not, what do you need?
2. **Making a plan:** Figuring out what needs to be done to improve things often starts by reflecting on the areas of weakness identified in the previous questions. Separate those things into two categories: things that need improvement and things that are already good. Let's focus on the things that need improvement and further rank those from worst to least bad. Answer the following thing for each of those items on the "needs improvement" list: What can I do to improve the situation?