José Antonio Bowen: **Cognitive Wrapper for Discussion**

**Rationale:**

This “wrapper” is designed only for you. This form will help you evaluate your own preparation and performance for this discussion and allow you to adjust your study habits in the future. Your responses will have no effect on your grade and are solely to help you improve. Being brutally honest with yourself here is a useful and important part of self-examination

**Reflection:**

What % of your time was spent on each of these activities in preparation for this discussion?

 Reading the book for the first time \_\_\_

 Making notes in the margin \_\_\_

 Highlighting \_\_\_

 Re-reading your notes \_\_\_

 Writing ideas on paper by hand \_\_\_

 Reading/studying other materials \_\_\_ From where?\_\_\_\_\_\_\_

 Rewriting key concepts into your own words \_\_\_

 Connecting Ideas \_\_\_

 Finding online content \_\_\_

 Thinking about the book \_\_\_

 Doing further research \_\_\_

 Sharing ideas with your friends or others \_\_\_

 Re-reading sections of the book \_\_\_

 Creating personal examples or analogies \_\_\_

 Relating new material to things you already know \_\_\_

 Other   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Comparison**:

Estimate where you might have improved

 Trouble understanding the book or a concept \_\_\_

 Trouble with remembering the right things \_\_\_

 Not concentrating/focused enough preparation \_\_\_

 Lack of preparation \_\_\_

 Anxiety (and specifically over what?) \_\_\_

 You were unclear of the expectations \_\_\_

 Did not want to talk during discussion \_\_\_

 Uncomfortable in class \_\_\_

 Other \_\_\_

**Adjustment:**

What might you do to prepare differently next time?