

Name: \_\_\_\_\_

## Flex Time Self-Reflection

Please answer the following questions by answering either True or False:

1) Flex Time helps me be at my best when I am in school.

TRUE FALSE

2) I am able to work on my strengths during Flex Time.

TRUE FALSE

3) Because of Flex Time, my school-related stress is decreasing.

TRUE FALSE

4) Flex Time helps me address my academic weaknesses.

TRUE FALSE

5) I believe Flex Time is making me a better student.

TRUE FALSE

6) Flex Time helps me be on time more consistently.

TRUE FALSE

7) Flex Time gives me an opportunity to work individually with my teachers.

TRUE FALSE

8) I have more time to meet with my peers and work on school projects because of Flex Time.

TRUE FALSE

9) Because I do my assignments/projects during Flex Time, I now have less homework and more time for other things I enjoy doing outside of school.

TRUE FALSE

10) My grades have improved since the introduction of Flex Time.

TRUE FALSE

11) Because of Flex Time I feel more comfortable asking for extra help.

TRUE FALSE

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12) Flex Time allows me to learn new things better and more easily.

TRUE

FALSE

13) I enjoy learning during Flex Time.

TRUE

FALSE

14) Flex Time helps me focus on what I have to do.

TRUE

FALSE

15) Flex Time lets me do things that are important to me.

TRUE

FALSE

16) How can I improve my use of Flex Time?