Overcoming Obstacles

**Course requirement obstacles**

Which requirements (e.g., attendance, participation, exams) have been challenging?

**Challenges that create these obstacles**

What is challenging about meeting these requirements (e.g., oversleeping, procrastinating, motivation, not knowing assignments are due, friend/other distractions)?

**Plan**

How can we overcome the challenges and eliminate the obstacles? Include date by which you will reflect upon progress of the plan.

**Reflect**

Has the plan worked? How, or why not?