**Name** Click or tap here to enter text. **Period** Click or tap here to enter text. **Assignment #** Click or tap here to enter text.

**Study Routine and Habits Quarterly Reflection:**

***20 pts***

1. **In two complete paragraphs:**
   1. **Describe your study routine and habits. Specifically explain how you used at least one of the academic keys to learning and at least one of the physiological keys to learning.**
   2. **Explain how you will improve your study routine and habits in the coming weeks.**
2. **Type the reflection below**
3. **Take time to proof read your reflection to ensure that it is insightful.** **purposeful, and clear**.