

CAMPUS GRATITUDE WORKSHEET

Reflect & Appreciate Your Journey

CLASSROOM REFLECTION PAGE

What moment this week in a class made you feel inspired or curious?
(e.g., a great discussion, a clear explanation)

A teacher or classmate you appreciated and why?

How did you show kindness to yourself during difficult assignments?



EXAM WEEK PERSPECTIVE SHEET

What's something challenging about exams that is helping you grow stronger or more resilient?

List 3 simple things that brought you comfort during stressful study sessions.

How can you reframe "failure" as a valuable learning opportunity?



SEMESTER GROWTH TRACKER

Looking back on the last few months, what personal strengths have you discovered?

A skill you've improved (academic or personal) and how you achieved it.

A specific memory of a small win you are proud of.



ACADEMIC PRESSURE RELIEF

What's one pressure you can release? Write it down and imagine letting it go.

Describe a space (physical or mental) where you feel calm and capable.

List 3 non-academic things you are grateful for outside of studies.

