

# Student Wellness Reflection



Thinking about this school year so far, reflect on your successes and/or challenges in each area:

- What do you feel good about? What is working really well?
- What has been hard for you? What has caused you tension?

School Workload & Time Management/Pressures	
Extra-Curricular Load & Time Management/Pressures	
Overall Health	
Relationships with Peers	
Relationships with Teachers and School Staff	
Relationships with Family Members	
Social and Online Media	
Sense of Belonging	
Others	