



The Stop, Start, Continue approach is a simple and useful framework that prompts reflection. It doesn't require any special equipment or insight: it just helps you get a picture of your environment and manage those things that are within your control. You simply answer three questions.

START

What would I like to start doing when I return to school?

WHAT WE MEAN

- Not being done, but would like to do
- Not being done and NEED to be done
- Things to do better

EXAMPLES

- I want to START waking up 30 minutes before my first class.
- I will START to attend my professor's office hours for my hardest class.

STOP

What am I doing that I would like to change/do differently?

WHAT WE MEAN

- Things that are JUST NOT WORKING
- Bad habits & behaviors to overcome
- Good ideas that aren't just practical

EXAMPLES

- I need to STOP skipping classes.
- I need to STOP drinking during the week.

CONTINUE

What is something that I did well so far and want to keep doing?

WHAT WE MEAN

- Things that ARE WORKING WELL
- Good habits to keep & expand
- Things that feel good & right

EXAMPLES

- Reading before class is helpful and I should CONTINUE doing it.
- I need to CONTINUE to try new things, like joining a group or making friends.

Include 2-3 points for each area.

START

STOP

CONTINUE