**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Independent Work: Self-Regulation Questions

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| 1. **PLAN**

**What** do I want to learn? What do **I need** to know or do to get this done? **How** will I work? |

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| 1. **REFLECT**

Did I **accomplish** everything I had hoped to?Did I do **well**? Did I do ***poorly***? *Why?* What **worked**? What did ***not work***?What should I do **differently** next time?  |

 **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| 1. **MONITOR**

 ☺Do I **understand** everything? Am I **accomplishing** what I hoped to?☹ Am I being ***distracted***?Is this taking ***more time***than I thought? |

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| 1. **CONTROL**

I don’t think I’m getting this…What should I do **differently**?How can I **encourage** myself to get this done?  |