**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? |