PRE-LESSON QUESTIONS FOR SELF-VERBALIZATION
AND SELF-QUESTIONING

- What are today’s goals?
- How much do I already know about today’s goals? (“Nothing” to “A great deal”)
- I think today’s goal will be . . . (“Very hard” to “Very easy”)

At the end of a lesson, students would answer questions such as the following:

- What was today’s goal?
- Did I achieve this goal? (“Not at all” to “Fully”)
- How much effort did I put in? (“Not much” to “A great deal”)

Then the students had a chance to think about why they may or may not have achieved their goals. They could tick off the reasons from options like the following:

- I wanted to learn about today’s lesson.
- I wanted to achieve today’s goal.
- I paid attention, etc.

Or . . .

- I gave up.
- It was too hard.
- I didn’t understand what I was supposed to be doing, etc.