

THINKING ABOUT WHAT I AM DOING AND LEARNING

When working on a task I need to:

1 Plan and think about what I am doing.

- ✦ What is the task?
- ✦ What resources do I need?
- ✦ What background information do I already know about this task?
- ✦ What strategy can help me complete this task?
- ✦ Where do I think I might have difficulty?

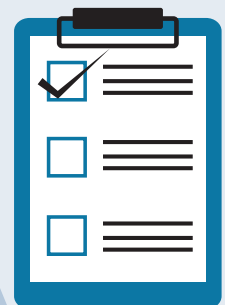


2 Monitor myself as I am working.

- ✦ Am I focused and attending to the task?
- ✦ Am I understanding what I am doing?
- ✦ Is the strategy I selected working? If not, what other strategy might help me?

3 Evaluate my finished task.

- ✦ Did I finish the task correctly and on-time?
- ✦ Am I happy with my work?
- ✦ What did I learn by doing this assignment?
- ✦ How will I use the information that I learned?
- ✦ What would I do differently the next time I have to complete a similar task?



(SHARPE, STROSNIDER, & TOSO, 2017)