

FIGURE 4.4 Self-Monitoring for Attending, Initiating, and Focusing Strategy Card



Attending, Initiating, and Focusing

You can use this checklist as a visual reminder to help:

- Start (initiate) a task.
- Attend to the task at hand.
- Focus on the process needed to complete the task.

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- Check when I have started the assignment.
 - Attend to the task at hand.
 - Focus on the process needed to complete the task.