

SELF-REGULATING your assignment/project:

Make a Plan:

Identify when your _____ assignment/project is due: _____.

List steps you need to complete the project (must list at least 3 steps).

Identify when/where will you work on the project (scheduling time).

List resources that you will need.

List one distraction and how you will eliminate or limit that distraction.

Who will you ask if you have questions about the project? (Peer? Mentor? Teacher? Someone else?)

Set a goal – what sort of grade would you *like* to earn on this project? _____ (BELIEVE that YOU CAN DO THIS!!)

Tips: Prioritize, Visualize Success, Limit Stress and Procrastination. Know that EFFORT=SUCCESS

Monitor Your Plan:

I will meet with _____ in class to discuss progress on (list dates):

Take Control and Make Changes: (Things to think about)

What questions do you have about your assignment/project?

From whom can you seek help?

Do you need to schedule time with a teacher for help/feedback?

