

## Self-regulation checklist

### Planning

1. What is the nature of the task?
2. What is my goal?
3. What kind of information and strategies do I need?
4. How much time and resources will I need?

### Monitoring

1. Do I have a clear understanding of what I am doing?
2. Does the task make sense?
3. Am I reaching my goals?
4. Do I need to make changes?

### Evaluating

1. Have I reached my goal?
2. What worked?
3. What didn't work?
4. Would I do things differently next time?

From Schraw, G. (1998). Promoting general metacognitive awareness. *Instructional Science*, 26(1/2), 113-125.