





Name: \_\_\_\_\_


Date: \_\_\_\_\_


# Self-Monitoring Checklist


## Academic

 **Check off how well you think you did for each action.**  Yes! I did it!  I can do better

 I had all the materials I needed including: paper, a pen/pencil, handouts, and books.

 I asked for help if I didn't understand something.

 I tried my best to complete the assignment.

 I checked my work before I turned it in.

### Reflect on your Checklist

Choose one action that you would like to improve upon for next time and one thing that you can do to

*One action I can improve upon for next time is...*

- Having my all of my materials
- Asking for help
- Trying my best to complete my work
- Checking my work

*One strategy I will use to help improve upon my behavior for next time is...*




- Check for all my materials before starting my assignment.
- I will ask my teacher for help.
- I will skip problems I don't know and keep going.
- Other: \_\_\_\_\_


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- I will skip problems I don't know and keep going.
- Other: \_\_\_\_\_







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 **Reflect on your Checklist**  
Write 2-3 sentences reflecting on one action you did without help and one action you could improve upon next time and how you will do it.

One action I did without help was \_\_\_\_\_

\_\_\_\_\_

One action I could improve upon is \_\_\_\_\_

\_\_\_\_\_

Next time, I will \_\_\_\_\_




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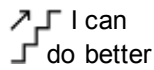
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Date: \_\_\_\_\_

# Self-Monitoring Checklist

## Academic

 Check off how well you think you did for each action.



I had all the materials I needed including paper, a pen/pencil, handouts, and books.

I knew what the assignment was before I started my work.

I asked for help if I didn't understand something.

I tried my best to complete the assignment.

I followed the rules while I worked.

I checked my work before I turned it in.

### Reflect on your Checklist

Write 1-2 sentences reflecting on one action you did without help and one action you could improve upon next time and how you will do it.

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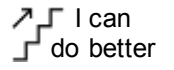
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