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Description automatically generated with medium confidenceStudent Self-Monitoring Checklist for Project Work

**Checklist**



**What to do:** Use this tool to reflect on your thoughts, feelings, and behaviors before, during, and after project work.

**Why it matters:** Self-monitoring is an important skill for success in school and work. It helps you identify areas of strength and areas you might want to work on.

# Project Start-Up Self-Check

|  |  |
| --- | --- |
| **Thoughts and Feelings** | **Write your answers here** |
| The goal(s) of the project is/are… |  |
| My project tasks are… |  |
| My system for keeping track of work is… |  |
| I am most excited for… |  |
| A question I have is… |  |
| A personal strength I can use is… |  |
| I might need help with… |  |

# Self-Monitoring Checklist

|  |  |  |
| --- | --- | --- |
| **Behaviors** | **Check a Box**  **(Yes or No)** | **Support your “yes” or “no” response by describing your behavior here** |
| I pay attention and listen when adults or other students speak. | ▢ yes ▢ no |  |
| I take part in discussions during group work. | ▢ yes ▢ no |  |
| I do my fair share of the work. | ▢ yes ▢ no |  |
| I talk only about the topic or project while we’re working. | ▢ yes ▢ no |  |
| I use respectful language when I disagree with others. | ▢ yes ▢ no |  |
| I only talk with others in my group during group work. | ▢ yes ▢ no |  |
| I keep my voice down so I won’t distract other groups. | ▢ yes ▢ no |  |
| I use time effectively without wasting it. | ▢ yes ▢ no |  |

# Self-Selected Areas for Growth

There’s always room to take your performance to the next level. Select two or three behaviors from your self-monitoring checklist that you’d like to change. Use this chart to plan how you’ll do that.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Behavior 1** | **Behavior 2** | **Behavior 3** |
| What behavior do you want to grow? |  |  |  |
| How will you know you have accomplished the goal? |  |  |  |
| What do you need to help make this happen? |  |  |  |

Anyone who has never made a mistake   
has never tried anything new.

—Albert Einstein

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