

Self-Management Reflection

Name: _____ Date: _____

Reflect on how well you set your own limits in the following areas:

On a scale of 1-5, how did you do in each of these areas today?

- ___ The beginning of class (arriving on time, completing warm-up, staying seated)
- ___ During whole-class discussions (raising hand, participating, listening, staying seated)
- ___ During independent work (trying hard, staying on task)
- ___ During group or partner work (helping your partner, staying on task)

What got in my way?

What would help me improve tomorrow?