

STRATEGY BANK

Use this resource to experiment with strategies that might work well for you in leveraging your strengths to overcome the struggles you face when working toward your goals.

Revise the strategy bank frequently by adding new strategies you're trying, deleting strategies you have decided are ineffective for you, and revising strategies. Work individually to construct your personalized strategy bank.

1. In the Struggles column, write potential categories of resistance that impede your ability to stay regulated as you progress toward your goals.
2. In the Strategies column, write actions you can take to support self-regulation in the face of each type of resistance in the left column. These will help you persevere toward your goals. You can generate strategies for when you are at school, away from school, or some combination. As you generate strategies, consider your strengths that you can leverage, including your motivation and core values.

The first row has a sample response, which you can keep, adapt, or strike out.

3. After completing your strategy bank, with a partner or small group, discuss everyone's answers. You can do this aloud or pass your strategy banks around to read.
4. After discussing everyone's banks, revise your strategy bank to include new ideas you have gathered from your peers.

REPRODUCIBLE

Struggles	Strategies <i>(Consider strengths you can leverage.)</i>
I don't know what I'm supposed to do.	Break the task into smaller segments. Take an inventory of what I do know and understand as well as what I can do already. Explain it to someone else. Consult my resources (assignment directions and rubric, notes and study guides, the text, handouts, peers, or the teacher).