

FIGURE 6.2

## Check for Understanding— Self-Regulation Components

Identify which self-regulation component each behavior addresses.	
Behavior	Component
1. Changing your study methods after you realize that just reading the chapter summary isn't helping you learn	Plan Monitor Adjust Reflect
2. Telling a friend about your progress each day	Plan Monitor Adjust Reflect
3. Thinking about successes, setbacks, and specific things you have learned	Plan Monitor Adjust Reflect
4. Working backward from the due date to create a timeline	Plan Monitor Adjust Reflect
5. Considering your past efforts when setting new goals (such as what you did well and what you could change)	Plan Monitor Adjust Reflect