

FIGURE 6.3

## Finding Missing Components—Example Scenario

*Example scenario:* Jayden was given an assignment to write an essay in three weeks. The last time he had an assignment like this, he didn't write the paper until the night before it was due, and he didn't get a good grade. To do better this time, he makes a self-regulation plan. Per Jayden, "I will break the assignment down into the basic parts (choose a topic, outline the essay, write the supporting paragraphs, write the introduction and conclusion, make revisions as necessary, and write the final draft), estimate how much time each part will take, and then work backward to identify deadlines for completing each part. After finishing the essay, I'll reflect on the quality of my work."

	Plan	Monitor	Adjust	Reflect
Rate how well each component is addressed in the scenario. (1 = weak, 5 = strong)	3	1	1	2
Brief explanation for your rating	It includes the start of a plan (identifying steps for completing the project and setting deadlines for each), but it is not a full plan for accomplishing the steps.	Jayden's plan doesn't include any ideas for monitoring his progress or actions.	Jayden is missing potential challenges or ideas for adjusting as needed.	Jayden only reflects at the end about the final product.
One idea to make each component stronger	Schedule time to work on the essay.	Monitor twice a week by checking each task off and listing strategies to stay focused.	Think about challenges and write if-then statements (such as <i>if</i> I have trouble choosing a topic, <i>then</i> I will ask my teacher for guidance).	During and after the assignment, regularly reflect on progress, strategies that are working, and what's not working.