You should go through three main phases when you are regulating your learning.

1. **Planning**
2. **Performance**
3. **Reflection**

These steps are not necessarily always completed in order… you may go back and forth through many cycles during one learning task.

1. **Planning**
	* What is your goal (what do you want to be able to achieve) for this exam? How realistic is your goal compared to your current achievement? BE SPECIFIC!!
	* What are some steps you will take to help achieve this goal?
		1. How many days in advance will you begin to prepare?
		2. What are some strategies you will use to prepare (review old assessments, re-read textbook selections/novels/ stories, etc., seek extra help from peers or teachers, complete practice questions, …)?
		3. WHERE will you complete these preparation steps in order to aid in successful execution of them?
		4. How motivated are you to follow through the necessary steps to reach your set goal? Just because you may not *feel* like studying/preparing, doesn’t mean you shouldn’t. What strategies will you use to overcome the desire to possibly put studying and preparation “on the back burner.”
2. **Performance**
* Envision actually being in the room for that final assessment. How will you manage yourself during that time? Things to think about include:
	+ Time management: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	+ Thought processes through questions (strategies for jotting down main ideas): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	+ Emotions in times of frustration/tiredness/overwhelemed, etc: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	+ GRIT when things become difficult: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
1. **Reflection**
* How did you feel at the end of the assessment?
	+ Proud? Successful? Energized? Defeated? Disappointed? Frustrated?
* Do your planning strategies need to change for the upcoming assessments? Reflect on your planning throughout the semester? How did your planning all semester contribute to your overall performance? If so, in what ways? In what ways did you feel you were most unprepared?

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| **Final Exam:** |  |
| **Planning:** |
| **Performance:** |
| **Reflection:** |