



My State-of-mind

60%

Final Averages

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Are You Ready to Learn Today?



Start of Lesson Monitoring Worksheet



Complete one row of this monitoring worksheet at the start of every lesson!

Working together we can help to make you a **self-regulating learner** who can plan, monitor, evaluate and regulate your own learning journey.

When completing this worksheet, try to reflect deeply on your state-of-mind, preparedness and general readiness to learn.



Planning

- Plan the best approach to learning. Consider the best way to think about the topic/task

Regulating

- Change your approach to learning, try new strategies, adapt, think differently

Monitoring

- Pay attention to your progress and levels of understanding as you work. Monitor thought.

Evaluating

- Assess your own learning, explore strengths & weaknesses of your approach

The Self-Regulated Learning Cycle

Fold the page in half and glue this section neatly to the inside front cover or first page of your exercise book

You should use this worksheet at the start of all future lessons, begin immediately when you enter the classroom unless otherwise instructed

Completing a section of this worksheet should be the first thing you do in all future lessons