

Teacher
Instructs

Explicit Instruction of ALL Components (Instructional Criteria 1-3)

*Ongoing
and fluid*

Student
Practices
(Instructional
Criteria 4 & 6)

Teacher
Coaches
(Instructional
Criteria 5)

Component 1

Make a Plan

- What do I need to accomplish by when?
- What are the steps?
- What could go wrong?
- How will I keep on track?

- Re-teach as needed (Instructional Criteria 1-3)
- Prompt students to consider previous self-regulation efforts
- Review students' plans
- Provide feedback on plans
- Question & prompt

Component 2

Monitor Your Plan

- Am I progressing as planned?
- What is / isn't working?
- What steps do I need to add or adjust?

- Prompt monitoring
- Monitor the students' monitoring
- Coach students to assess progress

Component 3

Adjust as Needed

- What do I need to do to get back on track?
- What resources (including people) can I use to get back on track?

- Provide time to think through changes & edit plan
- Coach students who are not making progress
- Highlight / recognize when students are making changes

Component 4

Reflect

- Is my plan effective?
- What should I apply to future efforts?

- Facilitate fluid reflection — as students monitor / edit plan
- Prompt culminating reflection on strengths and areas for improvement