



Student Self-Monitoring Checklist for Project Work

Self-monitoring is an important skill for success in school and work. Use this tool to reflect on your thoughts, feelings and behaviors before, during and after project work. It will help you identify areas of strength and areas you might want to work on.

Project Start-up Self-Check

Thoughts and Feelings	Write your answers here:
The goal(s) of the project is...	
My project tasks are...	
My system for keeping track of work is...	
I am most excited for...	
A question I have is...	
A personal strength I can use is...	
I might need help with...	

Self-Monitoring Checklist

Behaviors	Check a Box (Yes or No)	Support your “yes” or “no” response by describing your behavior here:
I pay attention and listen when adults or other students speak.	<input type="checkbox"/> yes <input type="checkbox"/> no	
I take part in discussions during group work.	<input type="checkbox"/> yes <input type="checkbox"/> no	
I do my fair share of the work.	<input type="checkbox"/> yes <input type="checkbox"/> no	
I talk only about the topic or project while we’re working.	<input type="checkbox"/> yes <input type="checkbox"/> no	
I use respectful language when I disagree with others.	<input type="checkbox"/> yes <input type="checkbox"/> no	
I only talk with others in my group during group work.	<input type="checkbox"/> yes <input type="checkbox"/> no	
I keep my voice down so I won’t distract other groups.	<input type="checkbox"/> yes <input type="checkbox"/> no	
I use time effectively without wasting it.	<input type="checkbox"/> yes <input type="checkbox"/> no	



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Self-Selected Areas for Improvement

There’s always room for improvement. Select two or three behaviors from your self-monitoring checklist that you’d like to change. Use this chart to plan what you’ll do to improve.

	Behavior 1	Behavior 2	Behavior 3
What behavior will you improve upon?			
How will you know you have improved?			
What do you need to help make this happen?			

“Anyone who has never made a mistake has never tried anything new.”
Albert Einstein

