

My Self-Regulation Plan

- I will use positive self-talk to encourage myself when I begin writing. "I can do this!"
- I will use POW to help me plan.
- I will write the mnemonic and use it to organize my thoughts.
- If I'm reading sources, I'll use TWA as I do that.
- While writing, I will ask myself if I am remembering to use all the parts and check off those I have used.
- I will take a deep breath to remind myself to go slowly and think.
- I will be sure to put my own thinking and myself into my writing.
- When finished, I will check over my work to ensure I included everything and to see if there are any improvements I can make.
 - I will look for where I can add more of my own thinking and connections, asking myself "What do I notice? What surprises me?"
- I will reread it pretending I'm another person to ensure it makes sense.