

SELF REGULATED WORKSHEET PART 1

ASSIGNMENT:

WHY AM I HERE?

WHAT ARE MY GOALS?

**WHAT DO I ALREADY
KNOW?**

ANXIETY LEVEL CHECK:

**WHAT RESOURCES ARE
AVAILABLE TO ME?**

HOW WILL I BE EVALUATED?

**HOW MUCH TIME DO I NEED TO
COMPLETE THIS ASSIGNMENT?**

WHAT STRATEGIES SHOULD I USE?

FOCUS ON TODAY'S TASKS AND DUMP THE REST FOR LATER!

SELF REGULATED WORKSHEET PART 2: SELF REFLECTION

WHAT WORKED & WHAT DIDN'T WORK?

WHAT SHOULD I DO DIFFERENTLY NEXT TIME?

ACADEMIC RESOURCE CENTER

EKS Library Hours

M-TH. 8am-11pm
FRI. 8am-5pm
SAT. 10am-2pm
SUN. 3pm-11pm

The ARC is located on the 2nd floor of the Ethel K. Smith Library

Scan the QR code or visit www.wingate.edu/tutoring to schedule tutoring or a writing center consultation



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