

Olivia Needs a Homework Plan—Planning for Academic Success

Read the scenario below. Create a detailed self-regulation plan for accomplishing the goal (homework completion).

Scenario: Your younger sister, Olivia, has trouble finishing her homework. She knows that you've been doing a lot better at turning things in on time lately, so she asks you to help her figure out how she can improve. You've been using self-regulation to increase your success, and you know that, in general, students who use self-regulation are more likely to complete their homework on time. Therefore, you decide that the best way to support your sister is by helping her brainstorm a self-regulation plan for her homework completion.

Plan for homework completion (steps to completing homework on time):