

Name:  
Period:

## Project Log: Applying Self-Regulation

Name of Project:

Project Due Date:

Describe the project requirements:

### 1. *Break it down* (do this as soon as the project is assigned)

*Think of all the tasks that are needed to complete this project, such as gathering materials; learning the content (e.g., reading, viewing videos, talking to an expert or mentor); writing, editing, and revising drafts; creating a model or illustrations; checking my work against the project rubric; etc.*

My plan to complete this project. Be specific!

Task	Date Due	Date Completed

### ***Predict Obstacles***

*Based on past experiences and obligations that I have coming up, what might go wrong with my plan? Describe how I will address the potential obstacles. Where and when will I work on the project? How will I avoid distractions? Who will I go to if I need help?*

*Create if-then statements for each potential obstacle.*

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## 2. **Track my effort (Week 1\*)**

Am I meeting all of my deadlines?  Yes  No

Am I on track to complete the project on time?  Yes  No

*If I answered **yes** to both questions, I should identify what is helping me be successful, and continue doing that until the next time I **track my effort** and monitor my plan (e.g., doing a little work each night, reviewing my plan each day to make sure I stay on track, sharing my accomplishments with a friend).*

**Keep doing ... Stop doing ...** What actions are helping me be successful?

*If I answered **no**, I need to figure out why my plan is not working.*

What obstacles or challenges are preventing my plan from working?

- There are time issues—too many other things are competing for my time
- I'm getting distracted when I work on the project
- I'm hung up on a certain step, specifically: \_\_\_\_\_
- I do not have a clear plan to begin with
- I don't know what I need to do next
- I don't understand the material or content enough to proceed
- Other: \_\_\_\_\_

## 3. **Brainstorm my options and choose my response (Week 1\*)**

*What support do I need to get my plan back on track? What are my options? What do I need to change to stay focused on my plan? My revised plan includes:*

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\*Repeat this page for additional weeks.

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**4. *Keep doing ... stop doing and regulate even better* (do this when the project has been completed)**

What went well? Be specific! For example: *I stuck to my timeline; I used the project rubric as a guide; I reviewed and revised my work several times; I sought help from a teacher or knowledgeable peer.* How did my effort improve my project?

What could I do differently on the next project to improve my self-regulation?

Teacher Feedback: