

Keep Doing ... Stop Doing ... (Secondary)

When you have a plan for meeting a goal or improving your ability to do something, it's important to reflect on how well your plan is working. You can use the strategy ***keep doing ... stop doing ...*** by asking yourself questions like "Is this action helping me?" and "How do I know?" You know an action is working when you make progress or improve over time.

I used the strategy ***keep doing ... stop doing ...*** when I wanted to get better at managing my anxiety before math tests. Right before I take a test, I usually get really nervous. My heart beats fast, and I feel short of breath. I knew my emotions were keeping me from doing well on tests, so I made a plan to help reduce my nervousness.

Before I started a test, I would read through each problem, then close my eyes, take a deep breath, and remind myself that I was prepared. If I came to a problem I didn't know, I would skip it and go back to it later.

After a few tests, I knew taking a deep breath before the test had helped me because I felt less nervous, but when I reviewed my tests, I realized that I had missed several problems because I hadn't done them. I was forgetting to go back and do the problems I skipped. I decided I would stop skipping a problem if I didn't know the answer. Instead, I would give it my best guess and complete each problem.

By deciding to stop skipping problems, I scored higher because I completed more of the test. Learning to reflect on what I should ***keep doing*** and what I should ***stop doing*** helped me to continue improving my scores.

Use the strategy ***keep doing ... stop doing ...*** when you want to identify which action steps are helping you make progress and which ones are NOT. Ask yourself:

- Is this action helping?
- How do I know?

If you can say exactly how the action has helped you, it's something you should ***keep doing***. If you aren't sure, it might be something you should ***stop doing***. The strategy ***keep doing ... stop doing ...*** will help you make progress more quickly!