

SELF-REGULATION

Before Reading

- ❖ Which book will I read?
- ❖ Where will I read?
- ❖ Will this location enable me to focus on my reading?
- ❖ Do I have all of my SEM-R materials?

During Reading

- ❖ Am I focused on my reading?
- ❖ Am I being distracted? By what?
- ❖ How can I encourage myself to focus?
- ❖ What questions do I have about my reading?

