**Monitor Your Learning**

## During a class session

* What insights am I having as I experience this class session? What confusions?
* What questions are arising for me during the class session? Am I noting them?
* Do I find this class interesting? Why or why not? How could I make this material personally relevant?
* Can I distinguish important information from details? If not, how will I figure this out?

## When you're completing an active-learning task and/or homework assignment

* What strategies am I using that are working well or not working well to help me learn?
* What other resources could I be using to complete this task? What actions should I take to get these?
* What is most challenging for me about this task? Most confusing?
* What could I do differently mid-assignment to address these challenges and confusions?

## When you're studying for a quiz or exam

* To what extent am I being systematic in my studying of all the material for this exam?
* To what extent am I taking advantage of all the learning supports available to me?
* Am I struggling with my motivation to study? If so, do I remember why I am taking this course?
* Which of my confusions have I clarified? How was I able to get them clarified?
* Which confusions remain and how am I going to get them clarified?

## When thinking about your learning in the course, overall

* In what ways is the teaching in this course supportive of my learning? How could I maximize this?
* In what ways is the teaching in this course not supportive of my learning? How could I compensate for or change this? Where can I get support?
* How interested am I in this course? How confident am I in my learning? What could I do to increase my interest and confidence?