What successful students do differently?
Use Metacognitive Strategies

- **Plan & Organize**
  - Set goals
  - Preview/skim assignments to decide how to approach them
  - Create a timeline to divide big tasks into manageable chunks - like the 5-day Study Plan

- **Direct**
  - Check progress against timeline
  - Self-test to ensure comprehension
  - Troubleshoot issues
  - Ask if you are really doing your best work.

- **Self-Reflect**
  - Self-assess about how the assignment/exam went
  - Consider how effective the strategies were
  - Plan for next time - what changes need to be made?

- **Monitor**
  - Pay attention to loss of focus and redirect
  - Create an optimal study/learning environment
  - Advocate for needs

- **Plan for next time** - what changes need to be made?