

Self Questioning – Thinking About Thinking – Executive Functioning

Before the task starts (anticipate, predict)

Time awareness and management

What should I have done first and why?
Did I leave myself enough time?
What could I do to keep track of time?
What might cause me to become distracted?
How can I prevent losing focus?

Environmental awareness and management

Do I have everything I need?
Do I know any tricks to simplify the task?

Interpersonal awareness and management

What is my goal?
What is my plan?
Have I ever done anything like this before?
Do I have the whole picture?
Have I read all the instructions?
Do I need more information?
Have I identified priorities?
How hard will this be for me to do?
What could go wrong?
What problems might I run into?
What could stop me from finishing?

While involved in the task (monitor)

Time awareness and management

Am I staying focused?
Am I watching the clock?
How much time is remaining?
What can I do to be faster?
Could I be doing 2 things at the same time?
What do I need to do next?

Environmental awareness and management

What could I do to organize my materials?
Am I paying attention to details?
Am I getting sidetracked?
How can I avoid backtracking?

Am I looking to both sides?
Where is a safe place to cross streets?

Interpersonal awareness and management

Did I keep track of everything?
Am I following my list?
Am I repeating instructions to myself?
Have I checked my work?
Did I ask for help?
Am I getting stuck?
Should I have asked for help sooner?
Who may have been a better person to ask for help?
Should my notes have been better?

After task is complete (evaluate, change)

Time awareness and management

Did I stay on time?
How much did it take?
Could I have done things quicker?
What could I have done to speed up?
Was I focused?
Did unrelated thoughts interfere?
Did I do anything to stay on task?

Environmental awareness and management

Did I get everything done?
Could I have taken any shortcuts?
What did I do to stay organized?
Was I crossing off completed tasks?
What should you I have underlined?

Interpersonal awareness and management

Did I meet my goal?
How could I have been more organized?
Is there anything I could have done differently to be more efficient?
Was the task easier or harder than I thought?
What parts were hardest?
What parts were easiest?
What parts required the most concentration?
How confident am I in my results?