## GRIT STRATEGY: "SELF-TALK"

A series of questions that will help to guide the students to make more appropriate choices about the task at hand can be trained via rehearsal.

What assignment is this like that I recently completed successfully?

Maybe I need to read this again?

What am I getting upset about?

What specifically don't Lunderstand?

Self-evaluation and "self-talk" strategies are important for learners to acquire because these strategies have great potential for generalization and maintenance, fostering increased academic performance in school, home, and community settings.

Who can I talk to that might be able to help me?

