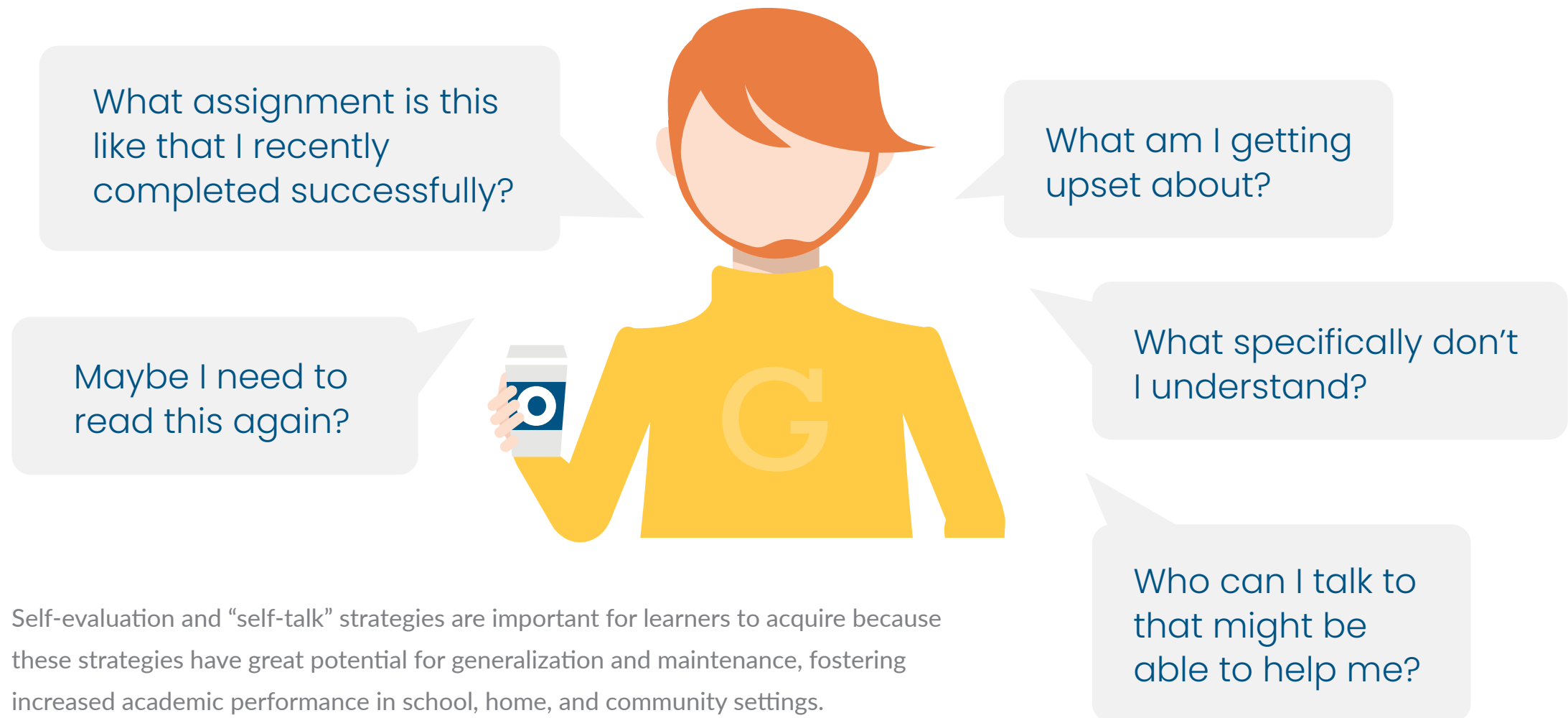


GRIT STRATEGY: “SELF-TALK”

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.



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.

