

## THE BASIC FORMS OF SELF-INSTRUCTIONS, WITH EXAMPLES

Forms of Self-Instruction	Examples
<p>1. <b>Problem Definition</b> (Sizing up the nature and demands of the task)</p>	<p>What is it I have to do here? What am I up to? What is my first step?</p>
<p>2. <b>Focusing Attention and Planning</b> (Attending to the task at hand and generating a plan)</p>	<p>I have to concentrate, be careful . . . think of the steps. To do this right, I have to make a plan. First I need to . . . , then . . .</p>
<p>3. <b>Strategy</b> (Engaging and implementing strategies)</p>	<p>First I will write--brainstorm as many ideas as I can. The first step in writing an essay is . . . My goals for this essay are . . . ; I will self-record on . .</p>
<p>4. <b>Self-Evaluating and Error Correcting</b> (Evaluating performance, catching and correcting errors)</p>	<p>Oops, I missed one; that's okay--I can revise. Am I following my plan?</p>
<p>5. <b>Coping and Self-Control</b> (Subsuming difficulties or failures and dealing with forms of arousal)</p>	<p>Don't worry- worry doesn't help. It's okay to feel a little anxious; a little anxiety can help. I'm not going to get mad; mad makes me do bad. I need to go slow and take my time.</p>
<p>6. <b>Self-Reinforcement</b> (Providing reward)</p>	<p>I'm getting better at this. Wait 'til my teacher reads this! Hooray--I'm done!</p>