



'I'm stuck! What do I do now?'



1. What's making you stuck?
2. Why did you get stuck?
3. Is everybody stuck, or is it just you?
4. Which bit don't you understand?
5. Try finding other cards with suggestions for getting unstuck that match your problems.





'Could I do this on my own?'

assignments for
next Friday

Self
Management

1. list all items
thing
item

remember to call !!

4pm

1. Could you keep on going without help? What help do you still need?
2. Have you got the hang of doing this?
3. How would you help someone else to do it?
4. What would help you remember how to do this?
5. What do you want to do next?





When is it finished?

assignments for
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Management

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thing
item

remember to call !!

4pm

1. How will you know when you have finished?
2. You might be finished, but have you done the best you can do? What can you improve?
3. Who would be a good person to check it for you?
4. If you're not happy with the result, what can you do to make it better?
5. How much time have you got left?





Are you happy with that?



1. What's the best thing about the work you've done?
2. How pleased are you with what you've done so far?
3. How did you get on, and was it what you wanted to do?
4. Was there anything that you were disappointed with?
5. What can you do to improve how you feel about your work?





What next?

assignments for
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1. list all items
thing
item

**Self
Management**

remember to call !!
4pm

1. How much work is left?
2. Can you break it into stages?
3. Which is the best bit to do next?
4. What do you need to do so you don't run out of time?
5. If you finish with time to spare, what can you do?





'Am I good at taking advice?'



1. When do you go and ask for help?
2. How do you feel when you make a mistake? Do you learn from it, feel annoyed, or something else?
3. When can advice be a help?
4. How do you act on advice?
5. When you give someone else advice, how can you help them without hurting their feelings?





Is this difficult or easy?

assignments for
next Friday

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4pm

1. What have you done before that can help you with this now?
2. Why did you do it that way?
3. What really made you think?
4. What new things did you learn?
5. What else might this be useful for?





'What sort of thinker am I?'



1. Which bits of the work do you do best?
2. Which bits do you find it hardest to get right?
3. Are you better at thinking up your own ideas or working with what's already there?
4. Do you stick at things until they are done?
5. Do you get excited and rush, or stay calm and take your time? Which is better anyway?



Stop and check!



1. What do you need to have ready before you get started?
2. Take your time and do it right!
3. Have you got everything on your list?
4. When would be a good time to review how you are getting on?
5. Is there anything you have forgotten to do?





How can you get better at this?



1. What one thing can you do today that will get you closer to what you want to achieve?
2. Why is having a goal important?
3. Try making a picture in your head of what you want.
4. What is the deadline?
5. What is holding you back from getting where you want to be?

