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| --- | --- |
|  | **Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_****Date: \_\_\_\_\_\_\_\_\_ Total: \_\_\_\_/100** |

**Factors that affect my Learning Process and Progress**

**Think about how the Four Factors and the Three Ms have affected your learning. Choose the score you think best describes you. Add up your total score out of 100. Now think about what you notice is happening in your learning progress/progress. Then, let’s talk about what factors you think are working for you and what factors do you want to improve on. Leonne**

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| --- | --- | --- | --- | --- |
| **Factor** | **I could do better. = 5 or 6****I need to improve.** | **I am getting better. = 7 or 8****I am improving.** | **I am doing my best. = 9 or 10****I have improved a lot.** | **Score****\_\_\_/10** |
| **Social Factor: how do I learn and behave in my math class to create a respectful learning community?** |  |
| **1. Respectful behaviour/language in class** | I am distracted by my cell phone. I talk/laugh out loud. I use “non-classroom” language | I put my cell phone on vibrate, but I check it often in class. I usually talk quietly. Sometimes, I forget to use “classroom” language. | I only check my cellphone as needed. I use “classroom” language. I speak respectfully to other students. | **\_\_\_/10**  |
| **2. Attendance**  | I seldom attend class. | I usually attend class. | I usually attend and email when I can’t. | **\_\_\_/10** |
| **3. Team work** | I don’t wait for my turn for help.I don’t think of the other students. | I think about those around me. Sometimes, I will help others, but not always.  | I help others when others ask me.I ask for help from others when I need help. | **\_\_\_/10** |
| **Emotional Factor: how do I feel when in of class – nervous, worried, scared, anxious, shy, okay, good, fine?** |  |
| **4. Mindset/attitude** | I hate math. I never could do it. I’m not smart. I’m stupid. | Sometimes, I think I can’t do math. Sometimes, I get it. | I can do math. I ask for help. I help others with math. | **\_\_\_/10** |
| **5. Math anxiety****Test anxiety** | I’m afraid I will fail. I’ll never be ready. Why bother? | Sometimes, I’m afraid I will fail the test. This bothers me. | If I fail, I will study and write the test again. | **\_\_\_/10** |
| **6. Mindfulness/let go of worries and focus on math** | I have too many things to worry about. I worry about failing math.  | Sometimes, I worry too much about other things and failing math. | I will stop worrying about other things now and think about learning math now.  | **\_\_\_/10** |
| **Physical Factors: how does my body feel in class – sick, tired, restless, sore, relaxed, comfortable?** |  |
| **7. Tiredness**  | I’m always tired in class.I sit all class. | Sometimes, I come to class tired. I sit too much. | When I come to class tired, I get up often to keep awake. | **\_\_\_/10** |
| **8. Sickness** | I come to class sick. | Sometimes, I come to class sick. I don’t want to miss. | I stay home and work on math when I am sick. | **\_\_\_/10** |
| **Intellectual Factors: how do I learn new things in math; how do I study for my tests?** |  |
| **9. Managing Time: class time, life, homework** | I’m late for class.I leave earlyI don’t do homework. | Sometimes, I’m late for class, and I leave early.Sometimes, I do homework. | When, I’m late for class, I stay after class. I do a lot of homework when I can. | **\_\_\_/10** |
| **10. Metacognition: thinking about my learning and study skills**  | I don’t think about my learning after tests. I don’t study. I just do the work and write the tests. | Sometimes, I think about my learning after tests to help me get better. I study, but sometimes, I don’t do as well as I thought I would. | I think about my learning after each class and each test, so I can get better at math. I think about how I studied, so I can do better next times. | **\_\_\_/10** |