

# Self-Monitoring Checklist

## Things I do before, during, and after reading:

### Before reading

- I determined my goal(s) for reading.
- I previewed the text, checking for things I know.
- I thought about why I am reading this text.
- I thought about why the author wrote this text.
- I made predictions about what was written in the text.

### During reading

- I asked myself if the text made sense and if I understood.
- I noted when I had problems, and I tried to fix them.
- I re-read things that I didn't understand.
- I noted words that I didn't understand.
- I varied how fast I read depending on if I understood what I read.
- I figured out the main idea.

### After reading

- I checked to see if my predictions about the text were correct.
- I summarized what I read.
- I checked to see if I understood the text well enough.