

Behaviors, Thoughts, and Feelings Exercise

What are the **behaviors**, **thoughts**, and **feelings** that interfere with your academic success? Becoming aware of these behaviors, thought, and feelings is the first step in learning to use self-regulated learning strategies.

List three **behaviors** that interfere with your academic success.

Example: *I play video games too much.*

1.

2.

3.

List three **thoughts** that interfere with your academic success.

Example: *Before a test I panic and think I am going to blank on all the information.*

1.

2.

3.

List three **feelings** (emotions) that interfere with your academic success.

Example: *I have always been afraid of taking math classes.*

1.

2.

3.
