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. 