

# Reflection questions

Consider these questions for your own context.

How can I help students manage themselves when they are stuck, unsure of what to do next, losing concentration?

In what ways do I support students' coping skills, for example, when they are feeling overwhelmed, surprised by a change of routine or experiencing failure?

What different models and scaffolds for [self assessment](#) do I provide so students can collect data on their progress and plan next steps?

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