

Self-Control Journal Prompts.

Grades 9-12

1

Self-control is the ability to stop and think before acting. Think about the last time that you showed a lot of self-control. It could have happened in class or at home. Maybe it was when you considered the consequences before doing something or made a positive choice you would not usually make. Describe how your body and mind felt before and after you showed good self-control. Be sure to provide details so your readers can understand what it was like to be there and feel those feelings.

2

Conflict is never fun. Consider when you should have thought before acting. For example, maybe you took your friend's snack without asking or lost your cool when something triggered you. Describe what you were thinking during that situation and what you would change about your thoughts or actions if you could do it over again. Provide details so readers understand your thinking and how you would change your actions.

3

Calming down can be a difficult thing to do sometimes. Think about a time when you had trouble calming down. For example, maybe you began yelling, breathing rapidly, or broke something. Describe in detail how your body and mind felt before and after you gained control using the self-control strategies you have practiced. Be sure to provide enough details so your readers can understand what it was like to be in that situation and feel those feelings.

Self-Control Journal Prompts.

Grades 9-12

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wished you had a time machine to go back to change a poor decision. Then, write a story about a fictional character who travels back in time to help you use self-control strategies for your selected situation. Make sure you include enough details so your readers can understand and follow your story.

5

Helping another student is a thoughtful way to show that you care. Imagine a classmate who needs help using their self-control skills. Tell me how you would help that student use self-control strategies during class. Maybe you can help them by sending a direct message to their phone or by using a special hand signal to remind them. Describe your imagined classmate's actions and how you helped them gain control.

6

The skill of self-control is important for students to use during class. Self-control includes thinking before acting, resisting the urge to do or say something, considering the consequences of actions, stopping when asked, and waiting for your turn to speak. Explain how your classroom environment would improve if students used more self-control and why self-control is sometimes difficult. Be sure to include specific details to support your explanation.

Self-Control Journal Prompts.

Grades 9-12

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of self-control you do well and what areas you need to work on. Explain how gaining additional self-control skills could help you during school. Provide enough details so your readers understand how improving your self-control skills could help you next semester.

8

Executive functions are often overlooked as important skills for students. Self-control is one of the most important executive function skills a student can use to help them think before acting, consider consequences, and make positive choices. Imagine that your principal does not see value in teaching these skills. Write a letter to your principal to persuade them to have these skills taught in your class. Include details to support your opinion and convince your principal that your ideas are correct.



Self-Monitor Journal Prompts.

Grades 9-12

1

Self-monitor is the ability to view and evaluate oneself. Think about the last time that you showed a lot of self-monitor. It could have happened in class or at home. Maybe it was when you reviewed your work before turning it in, kept track of your grades, or knew how to succeed on the test. Describe your thoughts and feelings before and after you showed good self-monitor. Be sure to provide details so that your readers know what it was like to be there before and after you showed self-monitor.

2

Your actions affect those around you. Think about a time when you didn't understand how your actions affected others. Maybe you repeatedly bothered someone or did not consider how your words could make someone feel. Describe what you thought about when this happened and what you would change about your thoughts or actions if you could do it over again. Provide enough details so your readers understand what you were thinking and how you would change your thoughts or actions.

3

Asking for help can be a difficult thing to do sometimes. Think about a time when you had trouble asking for help. Maybe you didn't know why you failed your test, made mistakes on your math problems, or didn't understand your preferred learning style. Describe your thoughts when you realized you needed help and how you felt after receiving it. Be sure to provide enough details so your readers understand what it was like to evaluate your abilities and get the needed help.

Self-Monitor Journal Prompts.

Grades 9-12

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wished you had a time machine to change how you studied for a test or the amount of effort you gave in a class you did not do well in. Then, write a story about a fictional character who travels back in time to help you use self-monitor strategies for your selected situation. Make sure you include enough details so your readers can understand and follow your story.

5

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their self-monitoring skills. Tell me how you would help that student use self-monitor strategies during class. Maybe you can help them by sending a direct message to their phone or by using a special hand signal to remind them. Describe your imagined classmate's actions and how you help them use self-reflection.

6

The skill of self-monitoring is important for students to use during class. Self-monitoring includes knowing what you need to do to be successful, tracking your progress, and evaluating your performance. Explain how your classroom environment would improve if students used more self-monitor. Explain why self-monitor is sometimes difficult to use. Be sure to include specific details to support your explanation.

Self-Monitor Journal Prompts.

Grades 9-12

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of self-monitor you do well and what areas you need to work on. Explain how gaining additional self-monitor skills could help you during school. Provide enough details so your readers understand how improving your self-monitoring skills could help you next semester.

8

Self-monitor skills are important for life. Self-monitoring includes checking work as you go, improving areas of weakness, and being aware of your thoughts and feelings. Imagine a student in your class who shows poor self-monitoring skills. Write a letter to this imaginary student to convince them to improve their self-monitoring skills. Include enough details to support your opinion and convince the reader that learning these skills will help the student succeed.



Flexibility

Journal Prompts.

Grades 9-12

1

Flexibility is the ability to adapt to changing conditions by revising plans or switching strategies. Think about the last time that you showed good flexibility. It could have happened in class, at work, or home. Maybe it was when you thought about another person's point of view or managed your feelings when things did not go as planned. Describe how your body and mind felt before and after you showed flexible thinking. Provide details so that readers understand what it was like to feel those feelings.

2

Frustration is not a fun feeling to have. Think of a time when you should have prepared for an upcoming change. Maybe your favorite manager at work decided to switch shifts, or your position on your team changed. Describe your thoughts and the actions you took during this situation. What would you change about your thoughts or actions during this change if you could do it over again? Provide details so readers know your thoughts and how you would change your actions.

3

It is challenging to accept that there are multiple ways to solve a problem. Think of a time when it was difficult to consider a new problem-solving method. Maybe you struggled to use an alternate way to complete a math equation or became frustrated when your group didn't use your plan to present their findings. Describe how your body and mind felt before and after you used flexible thinking to manage the situation. Provide details so readers know what it was like to feel those feelings.

Flexibility Journal Prompts.

Grades 9-12

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wish you had a time machine to change how you managed your emotions while experiencing a life change. For example, maybe you didn't make the basketball team or needed to find a new job. Then, write a story about a fictional character who travels back in time to help you use flexible thinking for your selected situation. Provide enough details so readers understand your story.

5

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their flexibility skills. Tell me how you would help that student use flexibility strategies during class. Maybe you can help them by sending a direct message to their phone or by using a special hand signal to remind them. Describe your imagined classmate's actions and how you help them in three different situations.

6

The skill of flexibility is important for students to use during class. Flexibility includes being okay with a change in plans, understanding multiple perspectives, and transitioning thoughts from one activity to the next. Explain how your classroom environment would improve if students used more flexibility and why flexibility is sometimes difficult. Be sure to include specific details to support your explanation.

Flexibility Journal Prompts.

Grades 9-12

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of flexibility you do well and what areas you could improve. Explain how gaining additional flexibility skills could help you during school activities. Provide enough details so your readers understand how improving your flexibility skills could help you next semester.

8

Executive functions are often overlooked as important skills for students. Flexible thinking is one of the most important executive function skills a student can use to help manage their emotions when changes happen. Imagine that your principal does not see value in teaching these skills. Write a letter to your principal persuading them to encourage their teachers to teach flexibility skills in class. Include enough details to support your opinion and convince your principal that your position is correct.



Emotional Control Journal Prompts.

Grades 9-12

1

Emotional control is the ability to manage feelings to achieve goals and complete tasks. Think about the last time that you showed good emotional control. It could have happened at work, in school, or at home. Maybe it was when you managed your emotions during an upsetting situation, determined the size of your problem, acted accordingly, or understood your feelings. Describe how your body and mind felt before and after you showed emotional control.

2

Being angry is never fun. Think of a time when you should have managed your triggers that led to anger. Maybe you got upset at your parents for taking your phone or yelled at your sibling when their music was too loud. Describe your thoughts and the actions you took during this situation. What would you change about your thoughts or actions if you could do it over again? Provide enough details so readers understand your thinking and how you would change your thoughts or actions.

3

Managing feelings of worry can be difficult. Think of when you felt anxious and struggled to manage those feelings. For example, maybe you experienced this feeling while considering your upcoming graduation or while studying to pass your exam. Describe in detail how your body and mind felt before and after you were able to use coping strategies to manage your feelings. Be sure to provide enough details so readers understand what it was like to be in that situation and feel those feelings.

Emotional Control Journal Prompts.

Grades 9-12

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wish you had a time machine to change how you managed your emotions while experiencing a problem. For example, maybe your friend ditched you, or you became upset after losing a game. Then, write a story about a fictional character who travels back in time to help you use emotional control strategies for your selected situation. Provide enough details so readers can understand your story.

5

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their emotional control skills. Tell me how you would help that student use emotional control strategies during class. Maybe you can help them by sending a direct message to their phone or by using a special hand signal to remind them. Describe your imagined classmate's actions and how you help them in three different situations.

6

Emotional control is important for students to use during class. Emotional control includes knowing the difference between big and small problems, managing reactions, expressing feelings calmly, and using coping strategies to manage strong emotions. Explain how your classroom environment would improve if students used more emotional control and why emotional control is sometimes difficult to use. Be sure to include specific details to support your explanation.

Emotional Control Journal Prompts.

Grades 9-12

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of emotional control you do well and what areas you need to work on. Explain how gaining additional emotional control skills could help you during school. Provide enough details so your readers understand how improving your emotional control skills could help you next semester.

8

Emotional control skills are essential for life. Emotional control includes understanding the size of a problem, knowing what is bothering you, controlling your reactions, and thinking of others' feelings. Imagine a student in your class with poor emotional control skills. Write a letter to this imaginary student to convince them to improve their emotional control. Include enough details to support your opinion and convince the reader that learning these skills will help the student succeed.



Task Initiation Journal Prompts.

Grades 9-12

1

Task initiation is the ability to start and finish tasks without procrastination. Think about the last time that you showed good task initiation. It could have happened at work, in school, or at home. Maybe it was when you started your work immediately, motivated yourself to finish a task, or broke your project into smaller, more manageable tasks. Describe how your body and mind felt before and after you showed task initiation. Provide enough details so readers can understand what it was like to be in that situation.

2

Having a lack of motivation is a frequent obstacle. Think of a time when you should have finished a task but didn't want to. Maybe you had trouble getting started, getting off track, or developing ideas. Describe your thoughts and the actions you took during this situation. What would you change about your thoughts or actions if you could do it over again? Provide enough details so readers understand your thinking and how you would change your thoughts or actions.

3

Staying on track can take time and effort. Think of a time when you lost focus and struggled to complete your task. For example, maybe you became distracted by your phone notifications or did not use a checklist to help you stay focused. Describe in detail your thoughts before and after you returned to your task and finished it. Be sure to provide enough details so your readers understand your steps to regain focus and finish.

Task Initiation Journal Prompts.

Grades 9-12

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wish you had a time machine to change how you managed your procrastination. For example, you decided to go out with your friends instead of studying or put off your assignments and started to fail. Then, write a story about a fictional character who travels back in time to help you use task initiation skills for your selected situation. Include enough details so readers can understand your story.

5

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their task initiation skills. Tell me how you would help that student use task initiation strategies during class. Maybe you can help them by sending a direct message to their phone or by using a special hand signal to remind them to stay on track. Describe your imagined classmate's actions and how you help them in three different situations.

6

Task initiation is essential for students to use during class. Task initiation includes breaking projects into manageable pieces, overcoming procrastination, and using motivators to follow through and finish tasks. Explain how your classroom environment would improve if students used more task initiation and why task initiation is sometimes difficult to use. Be sure to include specific details to support your explanation.

Task Initiation Journal Prompts.

Grades 9-12

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of task initiation you do well and what areas you need to work on. Explain how gaining additional task initiation skills could help you during school. Provide enough details so your readers understand how improving your task initiation skills could help you next semester.

8

Executive functions are often overlooked as important skills for students. Task initiation is one of the most important executive function skills students can use to help them finish tasks without procrastination. Imagine that your principal does not see value in having teachers teach these skills. Write a letter to your principal persuading them to encourage their teachers to teach task initiation in class. Include enough specific details to support your opinion and convince your principal that your position is correct.



Working Memory Journal Prompts.

Grades 9-12

1

Working memory is the ability to use information held in memory to complete a task. Think about the last time that you showed good working memory. It could have happened at work, in school, or at home. Maybe it was when you remembered your teacher's instructions, recalled important information, or removed distractions to improve your focus. Describe how your body and mind felt before and after you used your working memory skills. Provide details so readers know what it was like to be in that situation.

2

Working in a distracting environment is challenging. Think of a time when you were so distracted you could not focus on your task. Maybe your class was talking too loudly, your friend kept bothering you, or your thoughts began to wander. Describe your thoughts and the actions you took during this situation. What would you change about your thoughts or actions if you could do it over again? Provide details so readers understand what you were thinking and how you would change your thoughts or actions.

3

Recalling information when it is needed can be difficult. Think of a time when you struggled to remember information for your class. For example, maybe you needed to memorize the vocabulary words or struggled to learn the steps necessary to solve a math problem. Describe in detail your thoughts before and after you were able to use memory strategies to help you remember the information. Be sure to provide enough details so your readers understand the steps you took to memorize the information.

Working Memory Journal Prompts.

Grades 9-12

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wish you had a time machine to change how you used your working memory skills. For example, maybe you didn't use memory strategies to help you remember an event or the steps of an assignment. Then, write a story about a fictional character who travels back in time to help you use working memory skills for your selected situation. Include details so readers can understand and follow your story.

5

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their working memory skills. Tell me how you would help that student use working memory strategies during class. Maybe you can help them by sending a direct message to their phone or using a special hand signal to remind them. Describe your imagined classmate's actions and how you help them in three different situations.

6

Working memory is essential for students to use during class. Working memory includes using memory strategies to remember information, removing distractions to increase focus, and working on tasks without being reminded. Explain how your classroom environment would improve if students used more working memory and why working memory is sometimes difficult to use. Be sure to include specific details to support your explanation.

Working Memory Journal Prompts.

Grades 9-12

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of working memory you do well and what areas you need to work on. Explain how gaining additional working memory skills could help you during class. Provide enough details so your readers understand how improving your working memory skills could help you next semester.

8

Working memory skills are important for life. Working memory includes knowing how to use memory strategies to recall important pieces of information and to remove distractions to remain focused. Imagine a student in your class with poor working memory skills. Write a letter to this imaginary student to convince them to improve their working memory. Include enough details to support your opinion and convince the reader that learning these skills will help the student succeed.



Planning Journal Prompts.

Grades 9-12

1

Planning is the ability to create steps to reach a goal. Think about the last time that you showed good planning. It could have happened at work, in school, or at home. Maybe it was when you achieved a long-term goal, planned out a major assignment, or estimated the time to finish a task accurately. Describe your thoughts before and after you used your planning skills. Provide enough details so readers can understand what it was like to be in that situation.

2

Waiting to begin your work until the last moment can be stressful. Think of a time when you did not finish a large assignment on time. Maybe you struggled to plan out the project's steps or did not estimate the amount of time it would take accurately. Describe your thoughts and the actions you took during this situation. What would you change about your thoughts or actions if you could do it over again? Provide details so readers know your thoughts and how you would change your actions.

3

It is essential to work toward achieving goals throughout your life. Think of a time when you wanted to achieve a goal but struggled to identify the steps needed to make it happen. For example, maybe you wanted to apply to colleges but didn't know how or wanted to pass your math class but frequently forgot to turn in your assignments. Describe in detail your thoughts before and after you were able to use planning strategies to help you identify steps to take to achieve your goal.

Planning Journal Prompts.

Grades 9-12

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wish you had a time machine to change how you used your planning skills. For example, maybe you did not start studying early enough for your test or received detention because you failed to plan out your project. Then, write a short story about a fictional character who travels back in time to help you use planning skills in your situation. Include details so readers understand and follow your story.

5

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their planning skills. Tell me how you would help that student use planning strategies during class. Maybe you can help them by sending a direct message to their phone or using a special hand signal to remind them. Describe your imagined classmate's actions and how you help them in three different situations.

6

Planning is critical for students to use in class and during everyday life. Planning includes goal setting and creating steps to reach the goal. Explain how your classroom environment would improve if students used more planning skills and why planning is sometimes difficult for students to use. Be sure to include specific details to support your ideas and explanation.

Planning Journal Prompts.

Grades 9-12

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of planning you do well and what areas you need to work on. Explain how gaining additional planning skills could help you achieve more success at school. Provide enough details so your readers understand how improving your planning skills could help you next semester.

8

Executive functions are often overlooked as important skills for students. Planning is one of the most crucial executive function skills students can use to help them identify and follow steps to complete significant assignments. Imagine your principal does not see value in having teachers teach planning skills. Write a letter to your principal persuading them to encourage their teachers to teach these skills in class. Include details to support your ideas and convince the reader that your position is correct.



Organization Journal Prompts.

Grades 9-12

1

Organization is the ability to develop and use systems to keep track of materials and information. Think about the last time that you showed good organization. It could have happened at work, in school, or at home. Maybe it was when you organized your bedroom, prioritized your time, or cleaned your backpack. Describe your thoughts before and after you used your organization skills. Provide enough details so readers can understand what it was like to be in that situation.

2

Being unprepared is not a good feeling. Think of a time when you did not have the materials needed for a situation. Maybe you needed help finding your work uniform or struggled to find your homework in your bag. Describe your thoughts and the actions you took during this situation. What would you change about your thoughts or actions if you could do it over again? Include details so readers understand your thoughts and how you would change your actions.

3

Organizing your notes during a lecture can be overwhelming. Think of a time when you needed to take notes on a topic in class but struggled to get it done in an organized way. For example, you highlighted every word in a reading passage or wrote too many notes during a lecture. Describe in detail your thoughts before and after you were able to use note-taking strategies to help you organize, identify, and record important pieces of information.

Organization Journal Prompts.

Grades 9-12

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wish you had a time machine to change how you used your organizational skills. For example, you could not find your homework in your disorganized bedroom or did not understand how to prioritize your time. Then, write a story about a fictional character who travels back in time to help you use your organizational skills during your situation. Include details so readers can follow your short story.

5

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their organizational skills. Tell me how you would help that student use organization strategies during class. Maybe you can help them by sending a direct message to their phone or using a special hand signal to remind them. Describe your imagined classmate's actions and how you help them in three different situations.

6

Organization is important for students to use during class. Organizational skills include developing systems to keep track of materials and information. Explain how your classroom environment would improve if students used more organization and why organizational skills are sometimes difficult to use. Be sure to include specific details to support your explanation.

Organization Journal Prompts.

Grades 9-12

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of organization you do well and what areas you need to work on. Explain how gaining additional organizational skills could help you during school. Provide enough details so your readers understand how improving your organizational skills could help you next semester.

8

Organizational skills are essential for life. Organization includes developing systems to keep track of materials and information. Imagine you have a student in your class who has poor organizational skills. Write a letter to this imaginary student to convince them to improve their organization. Include enough details to support your ideas and convince the reader that learning these skills will help the student succeed.

