Strategies for Self-Monitoring
Strategies to help me understand what I read

• Stop and ask myself questions:
  − Does this make sense?
  − Do I know what all the words mean?
  − Can I picture in my mind what is happening?
  − What do I think will happen next?
  − Was my prediction correct? Why or why not?

• If I am having trouble understanding, I will use a fix-up strategy:
  − Reread the sentence or paragraph to help me figure out what a word
    means or what the author is saying.
  − Read ahead the next sentence or two to see if it helps me understand.
  − Retell in my own words what I just read.
  − Think and connect what I read to what I already know and my own
    experiences.
  − This reminds me of ________.
  − Based on ____ I know ____.

• If I am still having trouble understanding, I ask someone for help.

(adapted from 2TRA, 2001; Blachowicz & Ogle, 2001)