Handout 1-E: Zimmerman Cycle Sheet (one goal)

Session 4 · about 10 minutes

Self-regulated learners move through a cycle of three phases, over and over. **Forethought** is what you do before you start (set the goal, make a plan, expect obstacles). **Performance** is what you do while you work (use a strategy, keep track of how it's going). **Self-reflection** is what you do afterward (look back, then adjust). Each loop makes the next one better. The cycle is named for psychologist Barry Zimmerman.

Your goal

Pick the goal from Handout 1-D that you most want to keep: …

Phase	What I'll do
Forethought: goal, plan, and obstacle	**My goal in one line:** … **My plan (when, where, how):** … **One obstacle I expect:** … **My if–then for that obstacle:** …
Performance: strategy and monitoring	**The strategy I'll use:** … (A placeholder is fine this week. In Week 2 you'll meet real study strategies; come back and swap one in.) **How I'll check I'm on track (a count, a tick-box, a note):** … **What I'll do if I slip:** …
Self-reflection: evaluate and adjust	**Date I'll reflect:** … **What worked:** … **What didn't:** … **One change for the next loop:** …

Weekly reflection prompt

Keep it at the bottom of your planner or in your phone notes:

1. What did I actually do?
2. How did it compare to the plan?
3. One adjustment for next week.

Daily habit (starts tonight)

5 minutes before bed: What did I learn today? What got in the way? What's one thing I'll do differently tomorrow? Miss a night? Just pick it up the next one. Week 3's Sunday reset grows out of the weekly prompt, so you only need these two rhythms.

Notes

- **Options.** Typed sheet, a handwritten sheet, or a short voice walkthrough.

Worked example

Goal (from Handout 1-D): Three 30-minute study sessions a week for my certification exam.

Phase	Example
Forethought	**My goal in one line:** Do three 30-minute study sessions a week until the exam. **My plan:** Tuesday and Thursday after dinner, and Saturday morning, at the kitchen table. **One obstacle I expect:** I'll be tired after work. **My if–then:** If I'm too tired to start, then I'll do just 10 minutes and decide whether to keep going.
Performance	**The strategy I'll use:** A timed 25-minute block (placeholder until Week 2). **How I'll check I'm on track:** A tick on the wall calendar after each session. **If I slip:** I'll do a short session the next day instead of skipping two in a row.
Self-reflection	**Date I'll reflect:** Sunday evening. **What worked:** Saturday mornings. **What didn't:** Thursday nights. **One change for the next loop:** Move Thursday's session to lunchtime.