

PREPARE

Ellis, E.S., & Lenz, B.K. (1987). A component analysis of effective learning strategies for LD students. *Learning Disabilities Focus*, 2, 94-107.

This is a motivational strategy that prompts students to be prepared and have positive attitude to the class session. This strategy contains a sub-strategy "PSYC"; the "Y" step provides an example of a cue for the student to minimize negative self-statements. It also reminds the student to review the previous day's lesson before class begins.

Plan

- Plan locker visits

Reflect

- Reflect on what you need to get

Erase

- Erase personal needs

PSYC

- **PSYC** self up
 - **P**ause for attitude check
 - **S**ay a personal goal related to the class
 - **Y**oke in negative thoughts
 - **C**hallenge self to good performance

Ask

- Ask self where class has been and where class is going

Review

- Review notes and study guide

Explore

- Explore meaning of teacher's introduction