

The Three Phases of the SDLMI

Phase 1: Set a Goal

- The teacher enables the student to identify and set a goal to solve the problem of: What is my goal?

Phase 2: Take Action

- The teacher enables the student to develop an action plan to achieve the goal they set in Phase 1 and to identify a self-monitoring process to solve the problem: What is my plan?

Phase 3: Adjust Goal or Plan

- The teacher enables the student to determine if they achieved their goal. The student determines if they need to set a new goal or to change their goal or develop a new action plan. In Phase 3, students solve the problem of: What have I learned?