

Table of Contents

Book	
Introduction	7
Unit 1: Self-Talk	
The Plan.....	9
Levels of Independence	9
Completing an Exercise.....	10
Troubleshooting	12
Generalization	12
Level 1	
<i>Getting Ready</i> Guided Reflection	13
Exercises	14
Student and Clinician Roles	15
Level 2	
<i>Making It Mine</i> Guided Reflection	16
Exercises	17
Student and Clinician Roles	18
Level 3	
<i>On My Own</i> Guided Reflection	19
Exercises	20
Student and Clinician Roles	21
<i>I Own It</i> Guided Reflection	22
Unit 2: Self-Monitoring	
The Plan.....	23
Levels of Independence	23
Completing an Exercise.....	24
Troubleshooting	25
Generalization	25
Level 1	
<i>Getting Ready</i> Guided Reflection	26
Exercises	27
Student and Clinician Roles	28
Level 2	
<i>Making It Mine</i> Guided Reflection	29
Exercises	30
Student and Clinician Roles	31
Level 3	
<i>On My Own</i> Guided Reflection	32
Exercises	33
Student and Clinician Roles	34
<i>I Own It</i> Guided Reflection	35
Unit 3: Planning	
The Plan.....	36
Levels of Independence	36
Completing an Exercise.....	37
Unit 4: Setting Goals & Self-Evaluating	
The Plan.....	51
Levels of Independence	51
Completing an Exercise.....	52
Troubleshooting	53
Generalization	54
Level 1	
<i>Getting Ready</i> Guided Reflection	55
Exercises	56
Student and Clinician Roles	57
Level 2	
<i>Making It Mine</i> Guided Reflection	58
Exercises	59
Student and Clinician Roles	60
Level 3	
<i>On My Own</i> Guided Reflection	61
Exercises	62
Student and Clinician Roles	63
<i>I Own It</i> Guided Reflection	64
Unit 5: Attention Awareness	
The Plan.....	65
Levels of Awareness.....	65
Completing an Exercise.....	66
Troubleshooting	68
Generalization	68
Level 1	
<i>Getting Ready</i> Guided Reflection	69
Exercises	70
Student and Clinician Roles	71
Level 2	
<i>Making It Mine 1</i> Guided Reflection	72

Table of Contents, *continued*

Exercises	73
Student and Clinician Roles	74
Level 3	
<i>Making It Mine 2</i> Guided Reflection	75
Exercises	76
Student and Clinician Roles	77
<i>I Own It</i> Guided Reflection	78
Unit 6: Listening Awareness	
The Plan.....	80
Levels of Awareness.....	80
Completing an Exercise.....	81
Troubleshooting.....	83
Generalization	84
Level 1	
<i>Getting Ready</i> Guided Reflection	85
Exercises	86
Student and Clinician Roles	92
Level 2	
<i>Making It Mine</i> Guided Reflection	93
Exercises	94
Student and Clinician Roles	100
Level 3	
<i>On My Own</i> Guided Reflection	101
Exercises	102
Student and Clinician Roles	108
<i>I Own It</i> Guided Reflection	109
Unit 7: Organization	
The Plan	110
Organizational Tools	110
Completing an Exercise.....	111
Troubleshooting.....	112
Generalization	113
Level 1	
<i>Getting Ready</i> Guided Reflection	114
Exercises	115
Student and Clinician Roles	116
Level 2	
<i>Making It Mine 1</i> Guided Reflection	117
Exercises	118
Student and Clinician Roles	119
Level 3	
<i>Making It Mine 2</i> Guided Reflection	120
Exercises	121
Student and Clinician Roles	122
<i>I Own It</i> Guided Reflection	123
Unit 8: Initiation	
The Plan	124
Steps to Learning Initiation	124
Completing an Exercise.....	124
Troubleshooting.....	126
Generalization	126
Level 1	
<i>Getting Ready</i> Guided Reflection	128
Exercises	129
Student and Clinician Roles	130
Level 2	
<i>Making It Mine</i> Guided Reflection	131
Exercises	132
Student and Clinician Roles	133
Level 3	
<i>On My Own</i> Guided Reflection	134
Exercises	135
Student and Clinician Roles	136
<i>I Own It</i> Guided Reflection	137
Concluding Remarks	138
CD ROM	
Unit 1: Self-Talk	
Level 1	
<i>Getting Ready</i> Guided Reflection	1
Exercises	2
Level 2	
<i>Making It Mine</i> Guided Reflection	14
Exercises	15
Level 3	
<i>On My Own</i> Guided Reflection	27
Exercises	28
<i>I Own It</i> Guided Reflection	40
Keeping Track Chart.....	41
Answer Key	42
Unit 2: Self-Monitoring	
Level 1	
<i>Getting Ready</i> Guided Reflection	69
Exercises	70
Level 2	
<i>Making It Mine</i> Guided Reflection	82
Exercises	83
Level 3	
<i>On My Own</i> Guided Reflection	95
Exercises	96

Table of Contents, *continued*

<i>I Own It</i> Guided Reflection	108
Keeping Track Chart.....	109
Answer Key.....	110
Unit 3: Planning	
Level 1	
<i>Getting Ready</i> Guided Reflection	137
Exercises	138
Level 2	
<i>Making It Mine</i> Guided Reflection	153
Exercises	154
Level 3	
<i>On My Own</i> Guided Reflection	166
Exercises	167
<i>I Own It</i> Guided Reflection	179
Keeping Track Chart.....	180
Answer Key.....	182
Unit 4: Setting Goals & Self-Evaluating	
Level 1	
<i>Getting Ready</i> Guided Reflection	198
Exercises	199
Level 2	
<i>Making It Mine</i> Guided Reflection	211
Exercises	212
Level 3	
<i>On My Own</i> Guided Reflection	224
Exercises	225
<i>I Own It</i> Guided Reflection	237
Keeping Track Chart.....	238
Answer Key.....	239
Unit 5: Attention Awareness	
Level 1	
<i>Getting Ready</i> Guided Reflection	257
Exercises	258
Level 2	
<i>Making It Mine 1</i> Guided Reflection	270
Exercises	271
Level 3	
<i>Making It Mine 2</i> Guided Reflection	283
Exercises	284
<i>I Own It</i> Guided Reflection	296
Keeping Track Chart.....	298
Unit 6: Listening Awareness	
Level 1	
<i>Getting Ready</i> Guided Reflection	299
Exercises	300
Level 2	
<i>Making It Mine</i> Guided Reflection	306
Exercises	307
Level 3	
<i>On My Own</i> Guided Reflection	313
Exercises	314
<i>I Own It</i> Guided Reflection	320
Keeping Track Chart.....	321
Unit 7: Organization	
Organizing My Binder	323
Level 1	
<i>Getting Ready</i> Guided Reflection	324
Exercises	325
Level 2	
<i>Making It Mine 1</i> Guided Reflection	333
Exercises	334
Level 3	
<i>Making It Mine 2</i> Guided Reflection	337
Exercises	338
<i>I Own It</i> Guided Reflection	341
Keeping Track Chart.....	342
Unit 8: Initiation	
Organizing My Binder	343
Level 1	
<i>Getting Ready</i> Guided Reflection	344
Exercises	345
Level 2	
<i>Making It Mine</i> Guided Reflection	348
Exercises	349
Level 3	
<i>On My Own</i> Guided Reflection	352
Exercises	353
<i>I Own It</i> Guided Reflection	356
Keeping Track Chart.....	357