

Independent Learning Checklist

Instructions: Use this checklist to reflect on how well you are engaging in independent learning. Place a checkmark in each box that applies.

Category	Criteria	
Getting Started	I begin work promptly without needing reminders or delays.	
Working Consistently	I engage in the task for the entire time without taking unnecessary breaks.	
Staying in One Spot	I stay in my workspace without wandering around.	
Ignoring Distractions	I continue to work regardless of distractions in the environment, such as noise or movement.	
Working Quietly	I work quietly, speaking only when necessary and in a low voice.	
Persevering	I keep trying even when tasks are challenging.	
Self-Monitoring	I regularly check my own work for errors.	
Problem-Solving	I use review instructions or available resources to overcome difficulties without immediately seeking help.	
Sharing/Collaboration	I am willing to share ideas and collaborate with peers. I contribute positively to group work and respect the input of others.	