

**Title:** *Monitor Your Emotions***Author:** Kathleen L. Spitzer **Related Big6 Skills:** Big 6 #6—Evaluation**Purpose:** The purpose of this assignment is to allow students to create a profile of their interest and confidence as they proceed through an information problem.**Learning Contexts:** This lesson is applicable across subject areas in secondary and higher education settings where students have been given an extended assignment.**Discussion:** This worksheet is a much abbreviated version of the Individualized Information Problem-Solving Profile. This worksheet asks students to monitor their confidence and interest in the task. However, the worksheet could be adapted to represent any emotion that the teacher wants the students to track.

It can sometimes be difficult for students to persevere as they complete an assignment. Some students lack self-confidence and may want to give up before they have even started. The Monitor Your Emotions worksheet will help students become aware of the pattern of their emotions as they proceed through assignments. If students realize that they frequently feel a low level of confidence as they begin a task but that this level will increase as they complete the task, they may be able to recognize this the next time they approach an extended task. They will be cognizant of their emotions and of their ability to work through a task to its completion.

**Item:** Monitor Your Emotions handout**Sample in Context:** The Environmental Science class members are required to choose an environmental problem, investigate it, and make a one-hour presentation to the class. Students in this class have a wide range in their abilities to tackle such an assignment.

To ease students' discomfort, the library media specialist pointed out to the class that people progress through various emotional states as they solve an information problem. Students then tracked their own levels of confidence and interest as they completed the project.

