



# High School

## SCOPE-IT

Name:

Grade:

Instructions: Below is a list of the 4 tiers of Self-Regulations with Self-Guiding Questions, Using the SCOPE-IT Strategy:

- Stop and take some deep breaths.
- Consider how you are feeling and why.
- Options - what can you do?
- Plan - what are the steps?
- Evaluate the outcome.
- Insights: How can I use what I've learned? What do I know about myself now?
- Transform: Is that consistent with who I want to be? If not, what do I need to do differently?

### 4 tiers of Self-Regulation

Self-monitoring	Self-instruction	Goal Setting	Self-reinforcement
Checking in with yourself to see how it's going	Using strategies like self-talk as a reminder	Setting a goal to modify behavior/reactions	Reward for meeting your goals
<b>Example:</b> <i>How does this make me feel? Why?</i>	<b>Example:</b> <i>Is this a time when I should be using the SCOPE-IT Strategy?</i>	<b>Example:</b> <i>I'm going to try to use the SCOPE-IT Strategy at least once a day to avoid feeling out of control.</i>	<b>Example:</b> <i>I met all my goals for this week, I'm going to have extra video game time!</i>