

# SELF-EVALUATION



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REMEMBER TO REMEMBER



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# PROSPECTIVE MEMORY

## SELF-EVALUATION

- What was I asked to remember?
- Was the task important to me?

### PREDICTION

I expected the tasks to be

simple

difficult



I chose those aids/strategies to help me remember better: .....

.....

.....

.....

### EVALUATION

Did I complete the tasks as asked?

yes

no

I completed the task well because .....

.....

.....

I did not complete the task well because .....

.....

.....

The aids/strategies I chose were

useful

useless



.....

.....

Next time I would try to use aids/strategies such as .....

.....

.....

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