Please enjoy this complimentary excerpt from The Executive Function Guidebook by Roberta Strosnider and Valerie Sharpe. The bookmark includes questions to be asked about learning and questions to be asked about self-regulation.

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FIGURE 1.7 Cognitive/Metacognitive Strategy Instruction Bookmark (Back and Front)

The bookmark front includes questions to be asked about learning. The bookmark front includes questions to be asked about self-regulation. A version is provided in Appendix 1.7.

**SOURCE**: Toso, 2015.