SELF-STATEMENTS

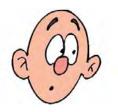
BASIC TYPES

PROBLEM IDENTIFICATION What do I have to do?

FOCUSING ATTENTION "I have to concentrate, think only about my work."

PLANNING AND RESPONSE GUIDANCE "Be careful...look one at a time."





SELF-EVALUATION "Am I following my plan...did I look at each one?"

SELF-REINFORCEMENT "Good-I got it."



COPING AND ERROR-CORRECTING OPTION "That's OK...even if I make an error I can back up and go slowly."