Managing your EE Plan and Process

**Self-Awareness**:

Identify what strengths and weaknesses exist for you when working on long-term research projects.

Identify how you deal with stress and frustration.

Identify topics that you have a vested, long-term interest in and which hold a place of natural curiosity and desire to learn more about.

**Self-Management**:

Identify techniques that you would like to try out to deal with stress more effectively (belly breathing, yoga, self-talk, meditation, etc.).

Identify ways you can motivate yourself.

Identify and set goals for working on the Extended Essay and measure how successful these plans are fulfilled. Within next two weeks where do you want to be.

**Social Awareness/Relationship Skills:**

Research and establish norms of communication between you and your mentor teacher. (Email, Remind, etc.; how do we write an email? How do we maintain respect within an email? Etc.)

Develop a set of ideas for your CAS hours that include appropriate communication with community leaders.

Identify norms and expectations of behavior in various public settings and in private meetings/collaboration.

Identify strategies for effective listening and speaking (how to know people are listening, how to ensure your message is succinct and understood, etc.).

Identify appropriate practice for providing constructive feedback and for receiving constructive feedback.