1. Reflect before solving:
• What is the problem asking me to do?
• What concepts is the problem asking me to use?
• How is this problem similar to ones I have done before? How is it different?
• What strategies can I use to solve the problem?
2. Monitor during solving:
• Am I on the right track?
• Do I need a new plan or new strategy?
• Am I closer to my goal?
• How should I proceed?
3. Evaluate after solving:
• Did I get the results I expected?
• What worked? What didn't work?
• What could I have done differently?
• Do I need to go back and fill in gaps in my understanding?