

# Metacognitive Rubric

## Motivation

### Control of Attitude and Preparation for Study

Source: Dorothy Williams AVC

1	2	3	4	5
Strong external locus of control. Blames others for lack of success.	External locus of control, Often blames others for lack of success.	Sometimes accepts responsibility, Sometimes blames others for lack of success.	Has internal locus of control, takes responsibility for success and failures.	Has strong internal locus of control, takes full responsibility for success and failures.
Has no goals.	Has unrealistic goals and no plans to achieve them	Has unrealistic goals or vague plans to achieve goals	Sets realistic goals and makes plans to achieve them	Sets realistic goals and makes concrete, written plans to achieve them
Always needs direction. Does not complete distasteful tasks or tasks for which there is no drive.	Usually needs direction. Seldom completes distasteful tasks or tasks for which there is no drive.	Often needs direction. Sometimes completes distasteful tasks or tasks for which there is no drive.	Is self-directed or regulated and usually completes distasteful tasks or tasks for which the drive is not present.	Is <i>very</i> self-directed or regulated and completes distasteful tasks or tasks for which the drive is not present.
Has no sense of time management.	Has a vague idea of how to manage time.	Understands the importance of time management, but has no system or does not implement a plan.	Has an effective time management system and uses it most of the time.	Has a well developed, effective time management system and uses it regularly.
Does not care about success. Has a negative attitude. Very stressed.	Sometimes tries to do well, but has a negative attitude. Is experiencing stress.	Tries to do well, but has trouble keeping a positive attitude. Tries to manage stress, but not always successfully.	Usually strives to do well and retains a positive attitude. Manages stress.	Always strives to do well. Controls attitude with positive self-talk. Manages stress effectively