

| <b>HERMES Model</b>                                 | <b>Aims to be achieved</b> |
|---|----------------------------|
| <b>Making it clear they are in the driving seat</b> |                            |
| <b>Identify the goals</b>                           |                            |
| <b>Mind map the task</b>                            |                            |
| <b>Encourage self-reflection on performance</b>     |                            |
| <b>Task repetition</b>                              |                            |
| <b>Identify obstacles (Change the context)</b>      |                            |
| <b>Commit to the strategy</b>                       |                            |
| <b>Develop self-assessment</b>                      |                            |