

A Guide to Self-Regulated Learning

What is Self-Regulated Learning?

Self-regulated Learners:

- Engage recursively in a cycle of cognitive activities as they work through a given activity;
- Analyze task demands and examine cues to determine what is expected;
- Select, adapt, or event strategic approaches to achieve task objectives;
- Monitor outcomes associated with strategy use;
- Self-evaluate performance;
- Identify gaps, use feedback strategically to diagnose challenges and problem solve solutions;
- Make decisions that shape further learning activities.

Best Practices for Self-Regulated Learning?

- **Forethought, Planning, and Activation** includes setting goals, modifying goals to gauge progress, and activating knowledge in a planful way by self-questioning: “What do I know about this?” “How should I begin this process?” or “How will I implement my strategies?”
- **Monitoring** brings attention and awareness to one’s actions and their outcomes while engaged in an activity: “Is this strategy working?” “How might I modify my strategy to increase results?”
- **Reaction and Reflection** allows learners to assess their performance and evaluate how well their strategies worked. Self-evaluation of performances lead to the development of new strategies for improved performance in future activities.

Activity.

In small groups or individually, consider what you may do in the following situations.

- How would plan for the situation?
- How will you monitor your activity?
- How will you know if your plan is working?

Scenario 1: A New Writing Assignment

You go to your biology lab and you are told you will need to write a reflective report on an experiment you are conducting in class that day. You have never written a reflective report before. How do you begin?

Scenario 2: Revising a Written Document

You have completed your first writing assignment in your First-Year Writing course. You have questions about what you should work on for the next paper. How do you develop new strategies for revision?

Scenario 3: You're Overwhelmed

You were given an Argument Brief assignment in your First-Year Writing course, and you. How do you begin? What do you know?