



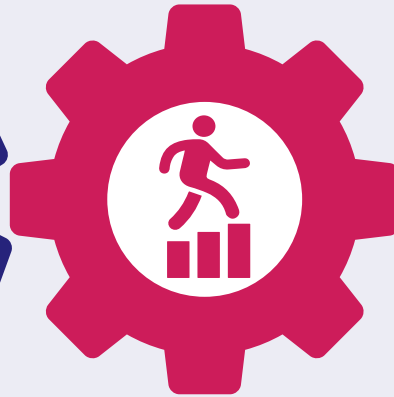
Self-regulation

Self-regulation is the process by which students monitor and control their cognition, motivation, and behaviour in order to achieve certain goals.



Planning

- Set goals that students use to check their own progress
- Identify particular learning strategies
- Develop a plan for achieving goals



Performance

- Implement appropriate and effective learning strategies
- Identify and access help when required
- Monitor progress towards goals
- Identify when a new learning strategy is required



Reflection

- Reflect on and evaluate progress and performance
- Respond to self-evaluation by either putting in more effort or easing back to focus on other tasks
- Identify lessons for future learning activities



How to build self-regulation

- Explicitly teach students different learning strategies and when to apply them
- Match desired learning to appropriate strategies
- Provide regular feedback while also developing a culture that celebrates mistakes as opportunities to learn
- Create and maintain a classroom environment that enables children to focus
- Guide students in how to monitor their progress and make adjustments accordingly
- Teach students how to use feedback to inform next steps



Why self-regulation is important

- Implement appropriate and effective learning strategies
- Identify and access help when required
- Monitor progress towards goals
- Identify when a new learning strategy is required