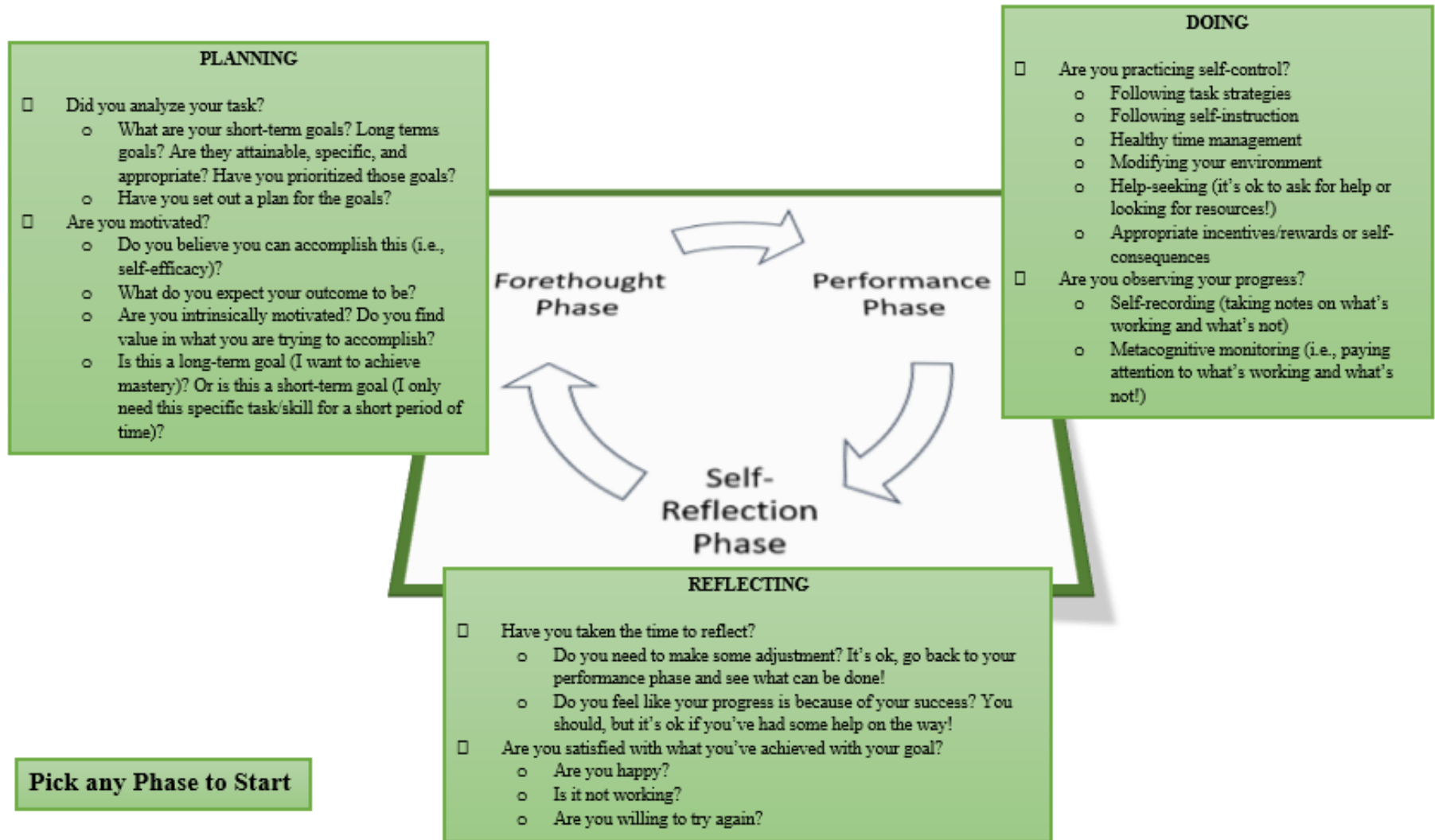


# WHAT IS SELF-REGULATED LEARNING?

Self-regulated learning (SRL) is the learning and motivation processes behind the capability of an individual to be an active participant in self-directing themselves mentally towards a goal, or a completion of a task through metacognitive, motivational, and behavioral strategies (Zimmerman, 1999; Zimmerman & Schunk, 2001). In Zimmerman's Cyclical model of self-regulation (1999), there are three phases that when followed as a process can help support SRL: forethought, performance, and self-reflection (i.e., planning, doing, reflecting). Although the nature of this model may seem to encourage starting in the forethought phase, the cyclical nature of SRL actually allows for the starting point to be any of the three phases and for the cycle/process to continue until you have reached your goal. Note: The key to SRL is to have a task specific goal in a single domain (i.e., time management in the classroom versus time management outside of the classroom; time management when developing lesson plans/IEP or time management during a math lesson).

# PROCESS OF SELF-REGULATED LEARNING FOR A TASK SPECIFIC BEHAVIOR/SKILL



Adapted from Zimmerman, B. J., & Moylan, A. R. (2009). Self-regulation: Where metacognition and motivation intersect. In D. J. Hacker, J. Dunlosky, & A. C. Graesser (Eds.), *Handbook of metacognition in education* (pp. 299–315). Routledge/Taylor & Francis Group.

# TIPS FOR SELF-REGULATED LEARNING!

- ❖ Identify the specific emotions you are feeling. You won't know how to address the challenges if you don't get to the root of it!

## Guide to Self-Regulating Emotions

WHEN I AM FEELING...	I WILL...
<b>Stressed</b>	Focus on what I CAN control! NOT what I can't.
<b>Down</b>	ACKNOWLEDGE my feelings and do something that brings ME joy!
<b>Not Good Enough</b>	Remind myself of my STRENGTHS and it's ok to take baby steps.
<b>Anxious</b>	Focus on the PRESENT and take DEEP BREATH!

Adapted from @THEBRAiNCOACH

- ❖ Set ATTAINABLE goals
- ❖ Be ADAPTIVE
- ❖ Practice SELF-AWARENESS → know your strengths and weaknesses
- ❖ Make WELL-BEING a PRIORITY (e.g., sleep and eat well, make it ok to prioritize having FUN and LAUGHING)
- ❖ MOST IMPORTANT: **BE PATIENT WITH YOURSELF**, change is not easy!

## References

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