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DAACS Summary Report

OVERALL RESULTS

- Self-Regulated Learning
- Writing
- Mathematics
- Reading

SELF-REGULATED LEARNING

Completion Date: June 27, 2022
- Motivation
- Strategies
- Metacognition
- Self-Efficacy

WRITING

Completion Date: July 11, 2022
- Content
- Organization
- Paragraphs
- Sentences
- Conventions

MATHEMATICS

Completion Date: June 28, 2022
- Geometry
- Lines And Functions
- Number And Calculation
- Statistics
- Variables And Equations
- Word Problems

READING

Completion Date: June 27, 2022
- Structure
- Inference
- Language
- Purpose
- Ideas

Results for each assessment and domain are listed on the left-hand side of this page. You can access your complete results at https://my.daacs.net, or click on any domain for more detailed feedback. Below are some resources and tips that can help you be more prepared for college.

Self-Regulated Learning

- See the last page of this document for specific tips you can start using right away.
- For more tips visit the Self-Regulated Learning Lab: srl.daacs.net

Writing

- Visit the Online Writing Lab for tips on improving your writing skills: owl.excelsior.edu
- Schedule an appointment at the Writing Center to receive help with your writing: albany.edu/writing

Mathematics

- Review the questions you answered incorrectly on the DAACS website, and read the explanations for the correct answers by clicking "More Info" for each question within DAACS.
- There are several free websites that can help you with your math skills, such as mathantics.com, mathsisfun.com, and virtualnerd.com
- If math is an area of concern and importance for you, consider scheduling an appointment with a tutor: albany.edu/academic-advising/tutoring
- If you are interested in STEM, visit or contact the Center for Achievement, Retention, and Student Success (CARSS) in CS 09: albany.edu/carss

Reading

- Review the questions you answered incorrectly on the DAACS website, and read the explanations for the correct answers by clicking "More Info" for each question within DAACS.
- Visit the Online Reading Lab for tips on improving your reading skills: owl.excelsior.edu/orc
- View the resources that are available at the UAlbany library: library.albany.edu
- Consider scheduling an appointment with a tutor: albany.edu/academic-advising/tutoring

After taking the DAACS self-regulated learning assessment, I now know a little bit more about myself as a learner. I got results and feedback about my self-efficacy, metacognition, strategies, and motivation. I seem to struggle most with metacognition and strategies, but I was happy to see in the feedback and the self-regulated learning lab that there are a bunch of things I can do to improve.

Metacognition is a term that I never heard of before. Basically, it means thinking about and taking control of my own thinking. It involves planning, monitoring, and evaluation. In other words, what I do before, during, and after learning something. I struggled with all three of these areas of metacognition. This makes sense because I often just jump right into whatever I need to learn or do without thinking about it. Then, I try to get it over with as quickly as possible, so I don't spend much time monitoring my learning. I then move onto the next thing I was going to do without ever thinking about what I just did. To get better at this, I am going to start asking myself questions before, during, and after learning. For example, I could ask myself before reading a textbook chapter "What is this reading about? Why am I reading it?" While reading, I can ask myself if I am understanding what I am reading, because my attention often drifts while I am reading. After reading, I can ask myself questions about what I just read, and whether I should do anything differently next time I read something. Doing all of these things will help me become more metacognitive and therefore a more self-regulated learner.

Strategies are tools that can be used to be a better learner. I did poorly in managing my time and managing my environment. With time management, it can be difficult to strike a balance between doing my schoolwork, my job, and managing my home life. It can also be hard to keep track of everything I have to do in my head, so I forget to do things sometimes. With managing my environment, I have a hard time finding a quiet place to work. At my house, there is always some commotion going on, which can be quite distracting while trying to study.

Overall, I'm glad I took this survey, because I discovered things about my learning that I already knew, but didn't know had a label. For example, I think I always knew I wasn't good at metacognition, but I never knew there was a name for it, or that other people struggle with the same thing. I also didn't know that there were ways to improve it, which is why I'm also glad I read the feedback and looked at the SRL lab. I now have some strategies I can use to help me succeed in college, as long as I remember to keep using them.
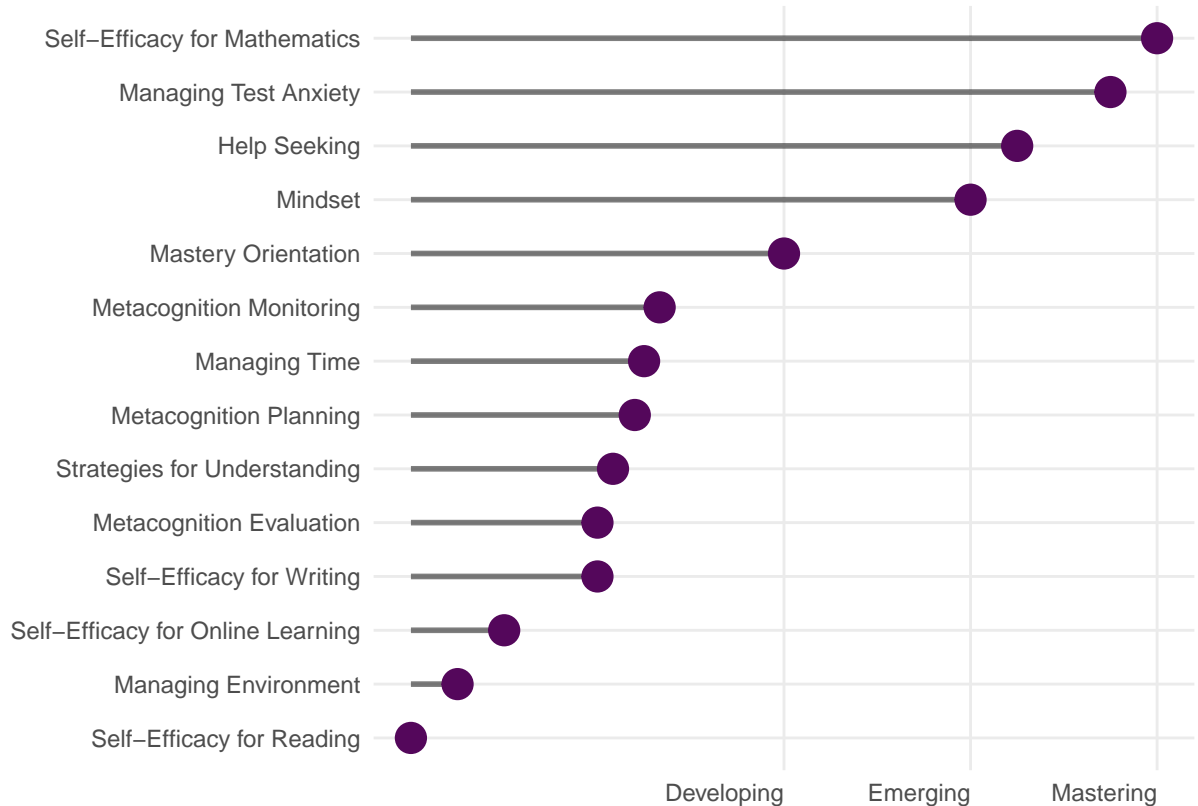
Here are three areas of self-regulated learning that you might want to work on, along with tips you can start using right away. Click on any of the areas of SRL in the text below to learn more.

Self-Efficacy for Reading

- Write down specific, short-term goals that you know are attainable, and note when you meet them.
- Identify a specific reading strategy you want to try out. Try it several times and reflect on how well it worked. If it didn't help, try different strategies until you find one that works for you.

Managing Environment

- Set rules about "do not disturb" times for others in your house.
- Turn off your cell phone and other technology.
- Identify 2-3 comfortable and quiet study places so you have multiple options.

Self-Efficacy for Online Learning

- Complete tutorials on how to use your learning management system (e.g., Blackboard, Canvas, Moodle).
- Get acquainted with the layout of your courses at the beginning of the semester, and do not hesitate to email your professor if anything is unclear or confusing.