Althea Need Kaminske cover image StockSnap Pixabay Self-regulated learning describes cyclical process forethought performance self-reflection enables learner regulate thereby improve learning 1 Previously ’ reviewed research relationship self-regulated learning personality Carolina provided digest fostering self-regulated learning students covered research students ’ self-regulated use retrieval practice Self-regulated learning particularly important contexts like medical school learners efficiently independently learn large amounts information recent study medical students examined effects teaching self-regulated learning maintaining learning diary students ’ self-regulated learning course performance 2 Researchers invited academically-struggling students participate supplemental self-regulated learning course took place 5 weeks course timed align block coursework nervous system challenging students Students completed online modules week related self-regulated learning short quizzes end session assure students engaged material Students also completed structure learning diary week came two parts first part learning diary asked students study goals estimation study time goal orientation self-efficacy nervous system content would studying week second part learning diary asked time spent studying cognitive strategies concentration self-monitoring self-evaluation reflection studying past week Participants responded Motivated Strategies Learning Questionnaire MSLQ measure self-regulated learning course pre-test course post-test follow test next semester MSLQ examines self-regulated learning 15 subscales scales include internal goal orientation external goal orientation task value learning belief control self-efficacy exam stress rehearsal elaboration organization critical thinking metacognitive regulation time environment management effort regulation peer learning help seeking Self-regulated learning lot components Test scores nervous system block GPA following semester used measures academic performance Yes students took self-regulated learning course significantly improved overall self-regulated learning pre- post-test indicating supplemental course improve overall self-regulated learning Specifically rehearsal organization critical thinking metacognitive regulation time environment management significantly improved Students ’ self-regulated learning also improved post-test follow test overall improvement significant significant change post-test follow decrease self-efficacy