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Adolescent Self-regulation Skills Working Portfolios And Explicit Instruction A Mixed Methods Study

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Summary : Free adolescent self-regulation skills working portfolios and explicit instruction a mixed methods study pdf download - self-regulated learning srl skills and strategies are required for workers to be productive contributors to society and the global economy srl skills require explicit instruction with practice the study investigated the use of the working portfolio ongoing documentation and analysis of student work as a practice format after explicit srl skill instruction this mixed methods study examined the impact of strategy instruction and working portfolios on the development of srl skills social cognitive and cognitive learning theories provided the framework participants were middle school students in grade 7 health education classes in suburban maryland related sample t-tests were used to analyze quantitative data collected with the academic self-regulation learning strategies questionnaire aslsq and pre post knowledge tests qualitative data from interviews observations and daily logs were analyzed with the use of the nvivo software for key words threads and relationships and clarified social and emotional change the results indicated that explicit instruction and practice within working portfolios promoted adolescents acquisition and habitual use of srl skills and strategies self-efficacy self-management and intrinsic task interest this study identified strategies for teachers and students that promoted srl skills influenced the development health education instructional guides and teacher training programs fostering positive social change

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