

### **Self-Regulated Learners**

Self-regulated learners are students who manage their own behavior and their own learning. They are successful students because they learn effectively and efficiently.

Self-regulated learners set goals and have the motivation and persistence to reach them. They know how to break problems into smaller steps and to work through those steps systematically one at a time. They persevere through failure, boredom, and setbacks by trying alternative solutions or by simply persisting until they are finished. They use inner speech to evaluate their conduct, a problem they need to solve, their plans, and their goals. They understand and use a variety of learning strategies, such as rehearsal, mnemonics, and note-taking.

As a result of monitoring their own behavior and learning, self-regulated learners transfer information and experiences into long-term memory. They also create their own schema and categorize information in ways that are meaningful to them. This enables them to retrieve knowledge and skills easily when needed so they can focus their time and effort on reasoning, problem solving, and creative and critical thinking.

As a teacher, I will promote self-regulated learning by first knowing each one of my students, their individual backgrounds, learning styles, and interests. I will use this knowledge to help each student set and track appropriate and relevant goals. I will model my own inner speech as I set goals and make a plan to reach them. My plan will involve making a list of tasks and checking them off as I complete them. I will encourage students to create lists and mark off tasks as they complete them. This will help them to persevere to the end, because they will understand where they are in the process. I will teach them how to use learning strategies so they transfer information to long-term memory.

I will set appropriately high and challenging standards and assess each learner's progress. If students struggle to make consistent progress toward their goals, I will teach them how to reassess their tasks and establish new ones. To encourage self-reinforcement, I will rate students when they complete a task and check it off their list. Eventually, I will ask students to guess what rating I would give them and explain why they chose that rating. I will encourage them to evaluate their progress on their own when they set goals and establish a plan. I will reward students for high motivation and effort. I will recognize improvement as a level of success.