Creating Self-Regulated Learners: Strategies to Strengthen Students' Self-Awareness and Learning Skills (Paperback)

By Linda B. Nilson

Stylus Publishing, United States, 2013. Paperback. Condition: New. New. Language: English. Brand new Book. Most of our students neither know how learning works nor what they have to do to ensure it, to the detriment both of their studies and their development as lifelong learners. The point of departure for this book is the literature on self-regulated learning that tells us that deep, lasting, independent learning requires learners to bring into play a range of cognitive skills, affective attitudes, and even physical activities - about which most students are wholly unaware; and that self-regulation, which has little to do with measured intelligence, can be developed by just about anyone and is a fundamental prerequisite of academic success. Linda Nilson provides the theoretical background to student self-regulation, the evidence that it enhances achievement, and the strategies to help students develop it. She presents an array of tested activities and assignments through which students can progressively reflect on, monitor and improve their learning skills; describes how they can be integrated with different course components and on various schedules; and elucidates how to intentionally and seamlessly incorporate them into course design to effectively meet disciplinary and student development objectives. Recognising that most faculty...

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Reviews

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This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.
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