Self-Regulation

A Graphic Representation Continuum for Professional Growth

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What is self-regulation and how does it help students learn?

Self-regulated learning is a process that assists students in managing their thoughts, behaviors, and emotions in order to successfully navigate their learning experiences.
Why is Self-Regulation Important?

Self-regulation enables students more freedom and independence in their learning; it has been well documented that students who achieve optimal self-regulation are more successful in their personal and professional relationships, academic studies/pursuits and their careers.
**Why is Self-Regulation Important?**

- Behavioral control methods that rely heavily on rewards and punishments are ineffective and often make such behaviors worse. Self-regulatory methods have been suggested as a superior alternative.
Why is Self-Regulation Important?

Children who do not exert the effort during classroom activities are not necessarily learning deficient but simply have trouble processing the information due to poor levels of self-regulation.
Self-regulation vs. Self-Control

- Self-regulation is more complicated than self-control
  - A student who obeys out of fear of consequences (self-control) is not developing the skills to deal with more challenging situations (self-regulation)
  - Self-reflection involved understanding your own needs in order to be ready to learn
Problems with learning and behaviour are often caused by sensory systems that have gone awry (over-stimulated or under-stimulated).
Self-regulated learning is recognized as an important predictor of student academic motivation and achievement. This process requires students to independently plan, monitor, and assess their learning. However, few students naturally do this well. There are several strategies that teachers can use to promote the use of self-regulated learning in the classroom.
Self-regulation should be seen not as something that students learn on a task-to-task basis, but as a fundamental skill that can be adapted and applied to all facets of their educational, domestic and professional lives.
Further Questions

- What strategies can be used to teach self-regulation?
- What steps can students follow in the process of self-regulation?
- What can we do as teachers to promote self-regulation in the classroom?
Implementation

- Provide opportunities for activity while learning or movement while sitting e.g. moving foot bars on desks
- Remove distraction
- Provide frequent breaks
- Scaffold learning self-regulation techniques
- Provide feedback and opportunities to re-submit assignments
- Encourage self-monitoring

Self-Regulated Learning: A Journey to Enhance my Abilities as an Educator. Lacey Daly, Dover Bay Secondary School professional development workshop handout, April 2013.

Picture References

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