



ENHANCING SELF REGULATED LEARNING SKILLS

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Self-regulated learning is a process wherein learners take control of their own learning by engaging in a cycle of planning, self monitoring and reflection. Self-regulated learning skills are particularly important in an online learning environment where the instructors encourage the learners to take autonomy in their learning process. Students who have mastered the skill of self-regulated learning have reported to have a higher success in achieving their goals.

WHAT CAN YOU DO TO ENHANCE YOUR SELF-REGULATED LEARNING SKILLS?

- **Analyze the learning task:** Think about the tasks assigned and ask yourself, is this a task that I have done before or it is something new? Does the task require skills from the previous tasks that I have completed? How much time will it take? How much focus will I need? What are the difficulties that I will face to complete the tasks?
- **Set goals:** Think how you will structure your goals in order to complete the tasks on time. Ask yourself, can I complete the tasks on the given due date? and Set a date to complete the tasks prior to one week of due date that would allow you to get extra time to improve and get extra help as needed.

- **Set expectations for the outcome:** Think of your own strengths and weaknesses and the time needed to complete the tasks, set an expectations do I need to get over 80% or do I need a barely 50% to pass from the assessment.
- **Plan strategies:** Think of the resources that you will be needing to complete the tasks. For example; will you be needing to search for articles and make notes, will you be needing help for your peers or do you think you need extra guidance from your instructors. Then ask yourself given the needs to complete the tasks when should you start on this task?
- **Make a schedule:** Now that you have set goals and thought about your expectations come up with a schedule that you will follow to complete the tasks. In order to make yourself follow the schedule it is very important to write down the schedule and every time mark off as you complete the targets on the schedule.
- **Self-observe:** Think about the distractions that you normally face when you try to meet the targets on the schedule, for example are you having difficulties in reading at one particular time of the day because of the noises in the house or are you having distractions because of your need to watch and complete watching a series on Netflix? Note down the distractions and think of ways to avoid these distractions for example will you be able to concentrate more in early hours of the day? Besides the negative distractions, think about the positive ones too. For example, you may observe that when you take a break and

watch an episode of a series you are more relaxed and are able to attend the task more attentively.

- **Self-monitor the progress:** Now that you have set the goals, made the schedule and identified what makes you complete the tasks on time, monitor your progress in attaining the tasks completion goal. This will allow you to avoid set back and make you identify the areas that you need to seek help from your peers and instructors.
- **Reflect on your performance:** Once the tasks are completed evaluate yourself, where you are able to meet your original goals, think of the strategies that you have employed effectively to achieve the original goals and also think of strategies that you can use to further improve yourself in completing the assigned tasks. If you are not able attain the original goals; think about strategies that have led to failure and note down ways that you will stick into the future in order to not repeat it.

Reference:

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