FIVE STEPS TO Self-Regulated Learning

**Analyze the Task**
- Is this a task you've done before or something new?
- Does it build off of a task you've already done before?
- How much time and focus will you need?
- How do you feel about the task at hand?

**Develop Your Plan**
- How will you structure this task?
- What are the milestones, sub-goals and timelines?
- Will you need resources from the library or Learning Commons?
- Given your needs, when should you get started on this task?

**Set Expectations**
- How much time do you have available?
- Given your strengths, what type of outcome would you like?
- What will you strive to achieve?
- How will you stay motivated?

**Monitor & Strategize**
- How did your study session go today?
- Did you meet your timelines this week?
- Did working in the library help or distract you from completing a task? For example, if you're struggling to develop a draft outline how can you get help?

**Evaluate & Adapt**
- How do you feel about your outcome and performance?
- Think about the strategies you used: what worked well and what didn’t?
- How can you use a different strategy next time?
- How can you learn from this experience and adapt?