# Student Self-Assessment Questionnaire (Self-Regulation)

This questionnaire can be used to help you identify areas where you can build up your self-regulation skills, identify your strengths, and give you an opportunity to reflect on your learning skills so far. You can take this questionnaire at any time but may benefit most by completing it at key times throughout the term (e.g., first week of a course, halfway through and then towards the end of a course before a new term).

**Learning Outcomes**

After you complete this activity, you will be able to assess your self-regulation strategies and skills.

**Introduction**

As a learner, self-regulation entails various skills and attributes, including metacognition and mindfulness, and refers to the ability to assess and understand your internal state (e.g. your emotions, mindset, motivations, skills) and develop an action plan or strategy to effectively respond to external challenges.

Use this tool to gage your self-regulation skills and identify areas where you can build them up based on your response.

**Instructions**

Reflecting on your current course(s), read through the statements below and check off any of the boxes that have been true for you at one time or another.

* If I don’t understand something in class, I will ask the instructor or seek out an answer.
* I often find myself cramming and completing tasks last minute.
* I often think about my own learning and reflect on my learning skills.
* I have a hard time prioritizing and focusing on a single learning task, I often worry about all the other things I need to do.
* If I don't understand something right away, I don't think I will be able to complete the task and often worry about looking like I am not knowledgeable.
* I leave studying until a few days before my test and often feel overwhelmed with content.
* If a learning strategy didn’t work out for me, I will try a new one.
* I have a hard time gaging how to prepare for a learning task.
* I take time to assess an upcoming learning activity and ask questions
* Ahead of an upcoming assignment, I prepare by setting goals and timelines and identify ways to motivate myself along the way.

**Next steps**

Great job taking the time to assess and develop your self-regulation skills. Looking at your results and feedback, how would you assess your self-regulation skills? Is there an opportunity for you to develop your skills?



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