



SELF-REGULATION SERIES

FIVE STEPS TO Self-Regulated Learning

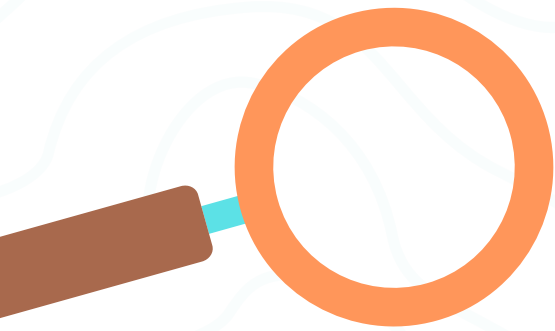


Analyze the Task

- 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?



Adapted by PATHS, York University from: SAGE 2YC
https://serc.carleton.edu/sage2yc/self_regulated/what.html

<https://ecampusontario.pressbooks.pub/paths/>