

3 Phases Leading to Self-Regulation

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Parents and teachers can assist the student by providing them with examples of questions to consider as they learn, whether at school or at home. They are divided into the 3 phases listed below that should be repeated frequently, until the student has developed an understanding of what strategies they used are the most beneficial to being an effective and successful learner.

Phase 1. Preparing to Start

Goal Setting

- * What are my assignments? Which ones are short term? (tomorrow or this week)
Which ones are long term? (more than one week or several weeks)
- * How will I plan to accomplish the assignments?
- * What is my goal for today?
- * What is my goal for completing the long-term assignments?

Planning

- * When will I start the work for each type of assignment?
- * Where will I do the work? Do I need to do some of it at the library? Can I do it at school?
- * How will I get started?

Phase 2. Checking Performance

Working the Plan

- * Am I accomplishing what I planned to do?
- * Is this taking more time than I thought it would take?
- * What were the conditions under which I seemed to do the most?
- * What are some questions I can ask myself while I am working? E.g. is this the best place where I can concentrate on the task? Do I need to change the order of doing the tasks? Am I going well beyond what is expected? Do I do better sitting at a desk? Do I need to have complete isolation/quiet to do my best?
- * What can I do to encourage myself to keep working? E.g. self-talk, taking a 2-minute break after working for 15 minutes, or setting a timer.

Phase 3. Self-Evaluation

Self-reflection on the outcomes compared to goals set

- * Did I accomplish what I set out to do when I studied for my social studies test?
- * Was I distracted so that I could not put forth my best effort? If so, what was it that distracted me? Did I do anything about it so that I could go back to work? For instance, did I move to some other location, turn off the TV or cell phone, or ...?
- * Did I plan enough time or did I need more time than I thought?
- * Under what conditions did I accomplish the most work?

Comparing the most recent outcomes to those in the past

- * Compared to the last time I had a long-term assignment, how did my most recent planning work out?
- * What did I do differently this time to make it work better?
- * Did a change in time or in my work habits help me finish more work? Get better grades? Complete all of my homework in a shorter period of time?

Attached are a variety of strategies that can be used to explore those most effective for studying, completion of homework, preparation for tests and in general organizing for learning. Of course, each of these requires using the Habits of the Mind, as appropriate.