Developing Your Own Plan

It is now time to consider developing your own plan for how you will be able to increase your self-regulation. It may require a combination of various strategies that have been introduced as a part of this module. Before you begin thinking about your own plan, you may want to consider the following two questions.

- 1. What are some common self-regulation strategies that have worked well for other successful students and can help you to be successful in school if you stick with them?
- 2. What are some individual skills that you must develop personally to be successful in school and life?

Look at the list below... which Self-Regulation strategies do you think will work for you?

Personal
Organizing and transforming information
☐ Outlining
☐ Summarizing
Rearrangement of materials
☐ Highlighting
☐ Flashcards/ index cards
Raw pictures, diagrams, chart
☐ Webs/mapping
Goal setting and planning/standard setting
☐ Sequencing, timing, Completing
☐ Time management and pacing
Keeping records and monitoring
Note-taking
Lists of errors made
Record of marks
☐ Portfolio, keeping all drafts of assignments
Rehearsing and memorizing (written or verbal; overt or covert)
☐ Mnemonic devices
☐ Teaching someone else the material
☐ Making sample questions
☐ Using mental imagery
☐ Using repetition

Behavioral
Self-evaluating (checking quality or progress) Task analysis (What does the teacher want me to do? What do I want out of it?) Self-instructions; enactive feedback Attentiveness
Self-consequating Treats to motivate; self-reinforcement. Arrangement or imagination of punishments; delay of gratification
Environmental
Environmental structuring Selecting or arranging the physical setting Isolating/ eliminating or minimizing distractions Break up study periods and spread them over time
Seeking social assistance Ask a friend, a teacher, or another adult. Follow the lead of a student who is successful.
Seeking information from nonsocial sources Go to the library, read a book or a magazine article. Watch a TV show or find it on the web. Find examples out in the real world.
Reviewing records Reread notes, tests, and textbooks