

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