Developing self-regulation

You have been doing self-assessment in your preparatory assignments. How can you use this information to improve your learning?

Objectives for the lesson

You will understand that:
- Self-assessment is a skill that improves with practice and reflection.
- Self-regulation can help students study and learn more efficiently.

You will be able to:
- Evaluate the accuracy of your self-assessment to this point.
- Make a plan to continue to improve your self-assessment and use it to regulate your learning.

Planning: Determining which resources and strategies to use to accomplish a specific task.

Implementing & Monitoring: Executing your plan and continuously examining the progress you are making toward completing that specific task.

Evaluating: Assessing how well the planning and monitoring helped you complete the task.
Sample In-Class Activity

1) How well have you been using your self-assessments in the assignments to prepare for class? Consider the following in answering this question. Give specific examples in your answer.

- Did your self-assessments match your performance? For example, if you rate yourself very low on every concept but you perform well, you are underestimating your understanding.

- Have you been thoughtful about your self-assessments? Sometimes people just mark “ready!” for every concept without really thinking about it.

- Have you used your self-assessments to review material in order to be prepared for class?

2) List strategies that you are currently using or will use in the future to prepare for class.