

Self-Regulating Learning Strategies

	In Class	At Home (including time spent)		
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Weekend				
Self-Reflection				
What were the strengths?				
What improvements are needed?				
Strategies Used				
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> 1. Goal setting 2. Time management (setting time lines) 3. Self-instruction 4. Organizing knowledge 5. Seeking information independently 6. Seeking assistance from peers, teachers, and parents 7. Rehearsing and memorizing </td> <td style="width: 50%; vertical-align: top;"> 8. Studying notes 9. Keeping records and monitoring 10. Reviewing textbooks 11. Reviewing tests 12. Self-motivation 13. Arranging a supportive learning environment Others: _____ _____ </td> </tr> </table>			1. Goal setting 2. Time management (setting time lines) 3. Self-instruction 4. Organizing knowledge 5. Seeking information independently 6. Seeking assistance from peers, teachers, and parents 7. Rehearsing and memorizing	8. Studying notes 9. Keeping records and monitoring 10. Reviewing textbooks 11. Reviewing tests 12. Self-motivation 13. Arranging a supportive learning environment Others: _____ _____
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Source: Adapted from Pape, S. J., Bell, C. V., & Yetkin, I. E. (2003). *Developing mathematical thinking and self-regulated learning: A teaching experiment in a seventh-grade mathematics classroom*. *Educational Studies in Mathematics*, 53(3), 179–202.