

How to self-regulate your learning *in a nutshell*

What is self-regulated learning?

Self-regulated learning is a process you can use as a learner to manage your thoughts, your behaviours and your motivation. Self-regulated learning helps you achieve your learning goals. It involves the proactive processes that students use to achieve academic success.



How do you become a self-regulated learner?



Self-regulated learners control the factors that influence their learning. They use effective learning strategies, they motivate themselves, and they monitor and adapt their study behaviours if needed. So, how do you plan, monitor and regulate your own learning process?

Supporting tools in this course

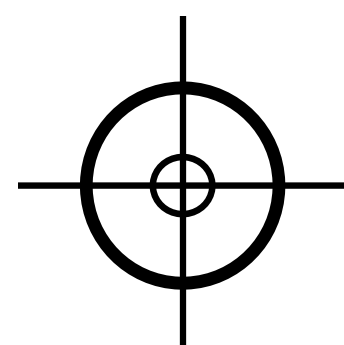
To help you to become a self-regulated learner there are 3 tools available to you that you can use when studying for this course:

1. The self-regulated learning cycle
2. A learning diary
3. The Ace Your Self-study app

Self-regulated learning cycle

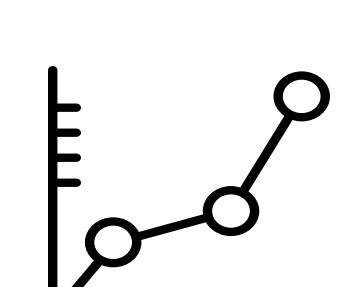
Use the self-regulated learning cycle to plan, monitor and reflect on your learning for this course. Each week, take the following steps:

Forethought:



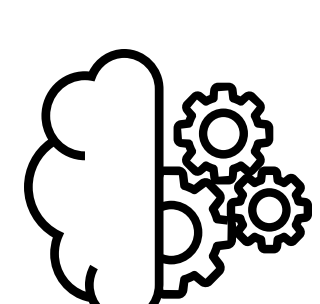
- Identify your tasks and formulate your learning goal for this week
- Select the learning strategies you are going to use for this week's tasks
- Make a planning

Performance:

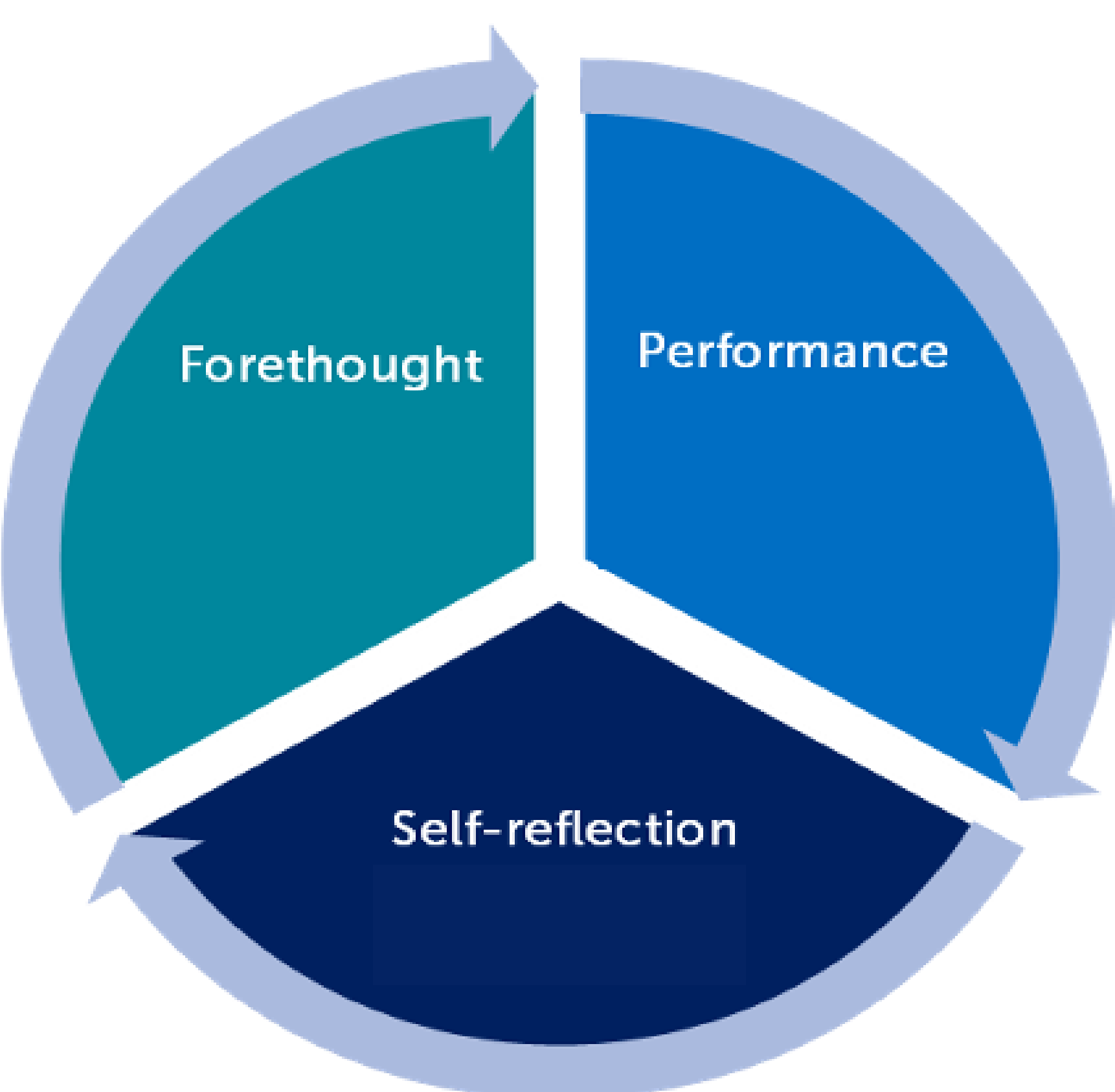


- Apply the learning strategies you selected for your tasks
- Monitor your performance

Self-reflection:



- Reflect on and evaluate your performance and results
- Was the strategy you chose effective?
- Use your reflection as input to plan for next week's tasks



The learning diary

As part of the course you will be keeping a weekly online learning diary to support your learning. The diary:

- Helps you to apply what you have learned in the online tutorial
- Reminds you to formulate goals and to use learning strategies
- Asks you if the strategy worked

Available on Canvas

Keep it up

Don't worry if applying a new learning strategy may feel inefficient at first. Learning the method can be as important as learning the material. Don't give up.

Ace Your Self-study app

To help you select adequate learning strategies and to assist you to master these learning strategies, the Ace your self-study app is a great support. The app:

- Provides flexible and personal support to you during learning
- Contains 22 effective strategies for learning tasks like studying texts, writing assignments and preparing for exams
- Each of the strategies available in the app includes a 2-sentence explanation and a short instruction-video.

Available in all App stores

Four recommended strategies

- ✓ **Self-testing:** improves learning and retention. Give yourself a practice test to check your understanding of the materials you are studying. Use flashcards, answer questions from a practice exam, or ask someone to question you.
- ✓ **Spacing:** spreading learning over time is effective. Spread repetitions of the learning content over time; avoid cramming.
- ✓ **Organize and elaborate:** contextualize the material you need to study by making an outline, flowchart or graphical organizer of the major topics and ideas.
- ✓ **Self-explanation:** as you read a text, explain the meaning and relevance of the main ideas to yourself. Ask yourself what new information the text provides you and how this relates to what you already know.

What doesn't work well

Try to avoid *underlining* and *re-reading*.



Although these are frequently used by students, research shows these methods are ineffective and time-consuming.

If you do highlight, make it useful by turning the marked information into flashcards or self-testing. Replace re-reading of study materials by more active strategies such as self-explanation, practice testing and elaboration.