

Thought Question
Self-Regulated Learning

Two points:

The theory of Self-Regulated Learning explains that learning happens in a **cycle**.

1. According to the article, **what are the three steps in this cycle?**
2. Give **examples** for each of these steps.
3. What **strategies can teachers use** to support each step?
4. Of these strategies, which do you think would be **most effective** for your developmental group and/or content area? Why?
5. Are there any strategies you think would be **less effective or not effective** for your developmental group and/or content area? Why?

One Point:

The theory of Self-Regulated Learning explains that learning happens in a **cycle**.

1. According to the article, **what are the three steps in this cycle?**
2. Give **examples** for each of these steps.

Zero Points:

According the reading, how do you define self-regulated learning?