Excel at university life and beyond:

Become a self-regulated learner!

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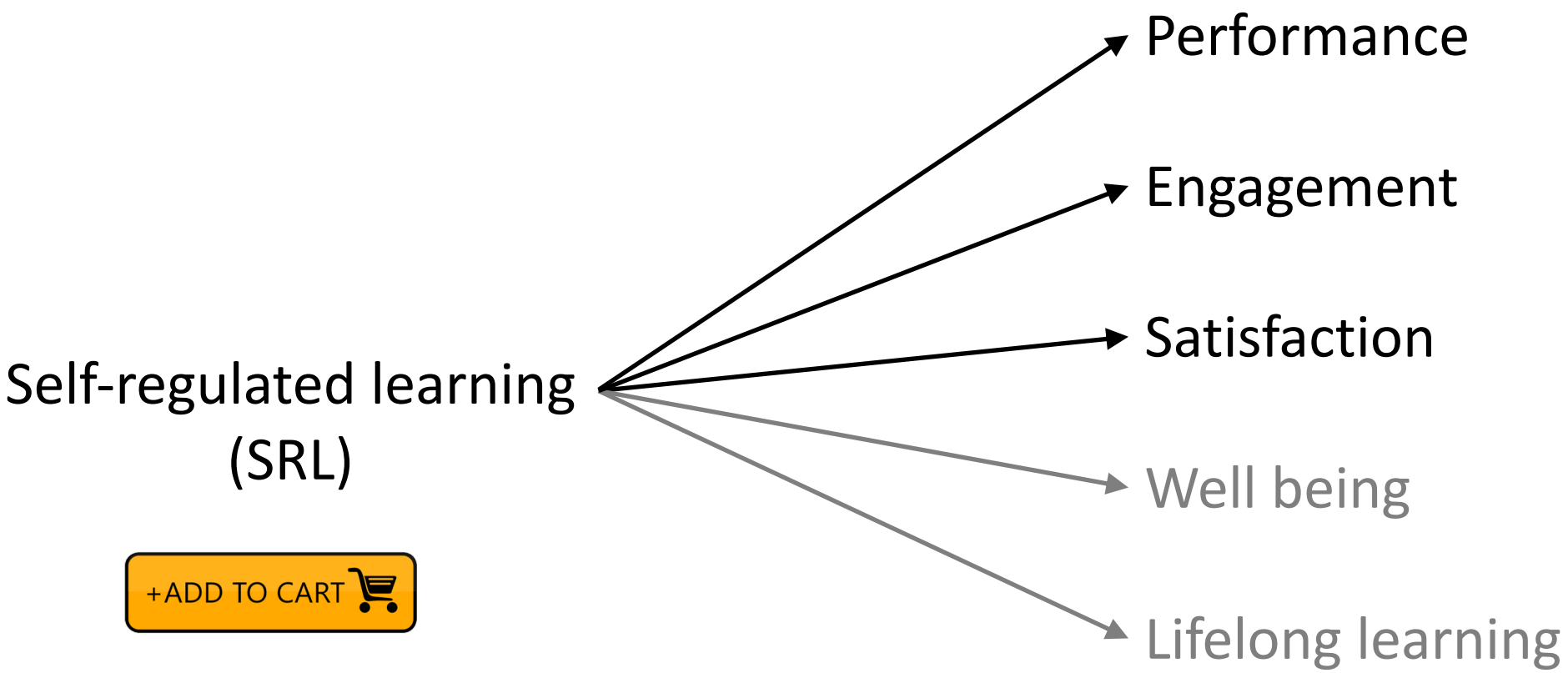
What is so great about self-regulated learning?



(Anthonysamy et al., 2020; Anthonysamy et al., 2022; Broadbent & Poon, 2015; Hadwin et al., 2022)

SRL is all about the process

Imaginal strategy
"*Visualise the perfect throw*"

Analytic strategy
"*Analyse your technique*"
(e.g., verticality of forearm)

Fixed cue
"*Focus on the centre*"

Dynamic cue
"*Go higher/lower*"
(i.e., dependent on prior trial)

No-recording
Not asked to record.

Recording
"*Keep a log of technique*"

Control group
"*Do your best*"

(Kitsantas & Zimmerman, 1998)

SRL is all about the process

What am I doing right/wrong?

How can I improve based on my progress?

Imaginal strategy
"*Visualise the perfect throw*"

Fixed cue
"*Focus on the centre*"

No-recording
Not asked to record.

Control group
"*Do your best*"

I'll try harder.

Analytic strategy
"*Analyse your technique*"
(e.g., verticality of forearm)

Dynamic cue
"*Go higher/lower*"
(i.e., dependent on prior trial)

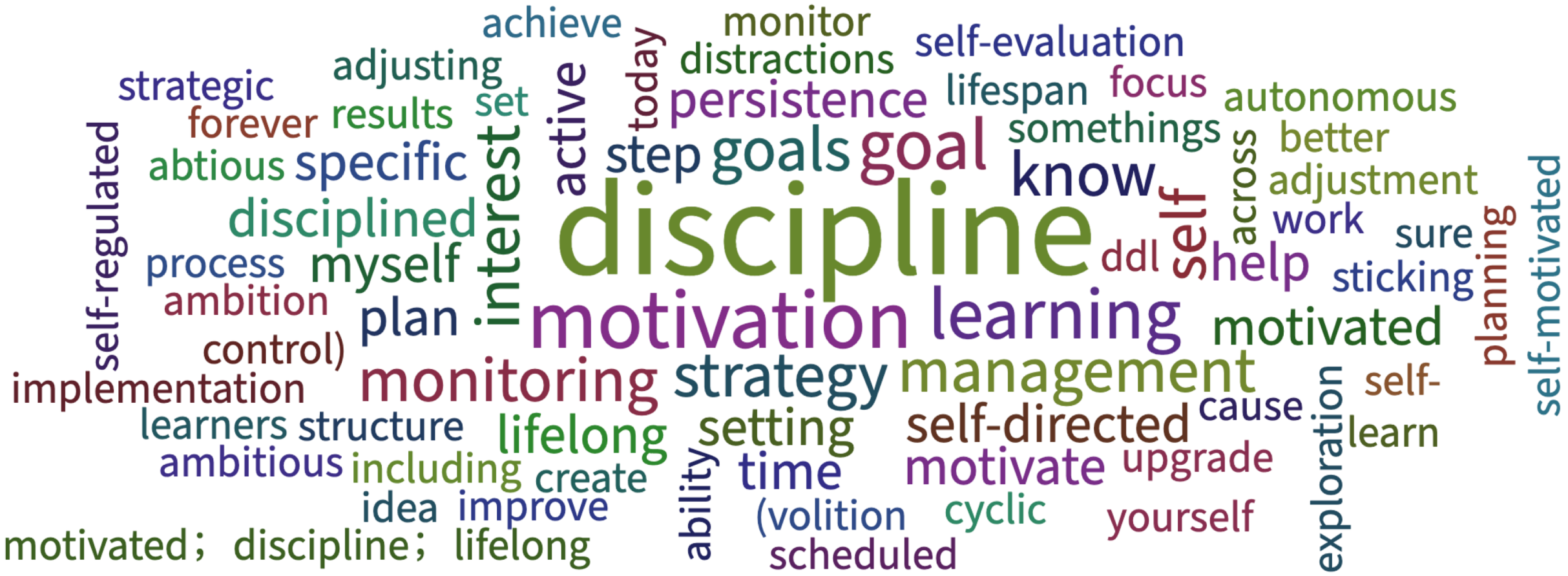
Recording
"*Keep a log of technique*"

(Kitsantas & Zimmerman, 1998)

Learning outcomes

1. Define self-regulated learning (SRL) and its phases
2. Analyse learning tasks
3. Set learning goals
4. Select learning strategies
5. Assess your motivation
6. Monitor your progress
7. Reflect critically about your learning
8. Explain about the complexity of SRL

What is self-regulated learning (SRL) for you?



Poll Everywhere

What is self-regulated learning (SRL)?

"Self-regulated learning is an active, constructive process

whereby learners set goals for their learning and

attempt to monitor, regulate, and control their cognition, motivation and behaviour

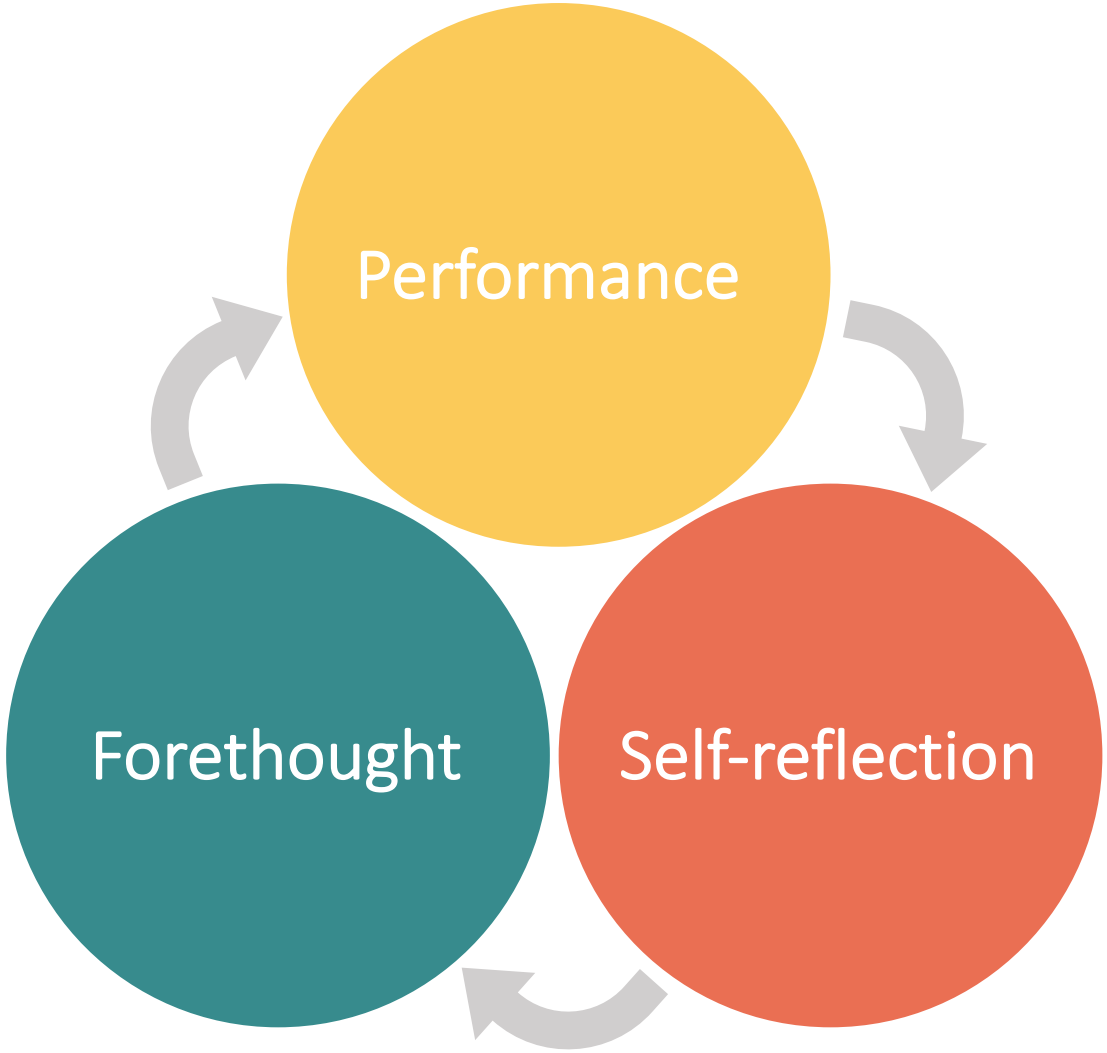
in the service of those goals,

guided and constrained by both

personal characteristics and the contextual features in the environment".

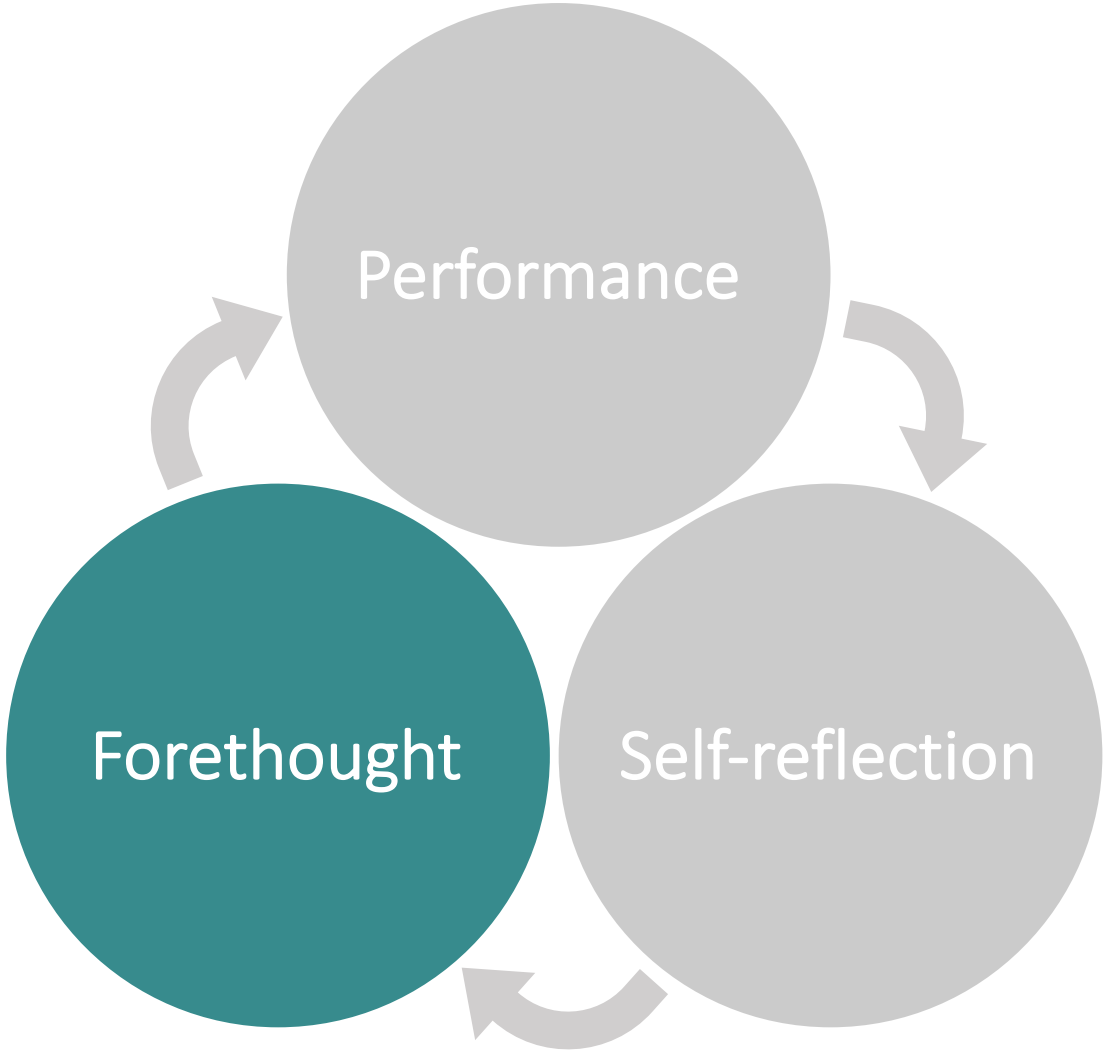
(Pintrich, 2000, p. 453)

The SRL cyclical process



(Zimmerman & Campillo, 2003)

The SRL cyclical process



(Zimmerman & Campillo, 2003)

Forethought

Analyse tasks

Task purpose

What is the objective?
What should I learn from it?

Task component

Is there a best process to follow?
What will be challenging for me?

Task structure

What are the key parts?
Do I have all the resources to complete it?

What is the task asking me to do?

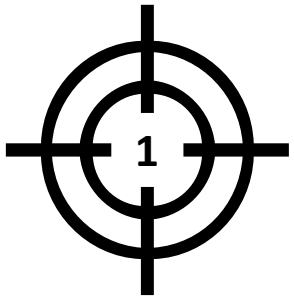
(Cleary, 2018)

Set goals

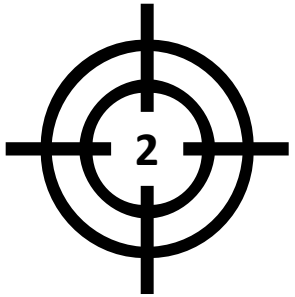
Why?

To avoid a vague and “trial and error” approach that leads to *quick fixes* and *short-term* solutions.

Specific
Measurable
Attainable
Relevant
Time-based



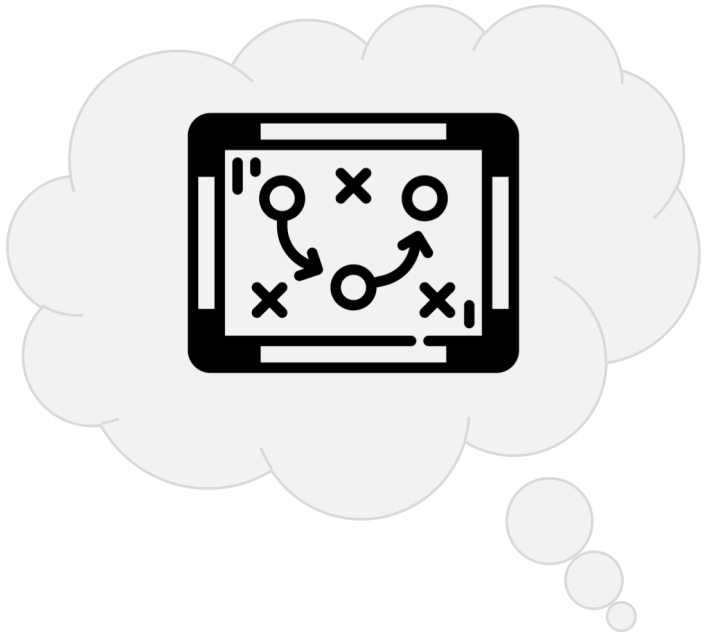
PROCESS
Learning strategies



OUTCOME
Prior performance

Forethought

Select learning strategies



What learning strategies should I use to perform well on this task?

Forethought

What learning strategies have you used before?

Poll Everywhere

Forethought

Effective learning strategies

INTERLEAVED PRACTICE

Mixing different kinds of problems or materials within a single study session.

3

DISTRIBUTED PRACTICE

Spreading out study activities over time (i.e., the opposite of cramming).

2

SELF-EXPLANATION

Explaining some aspect of their processing during learning.

4

PRACTICE TESTING

Taking practice tests or self-testing.

1

ELABORATIVE INTERROGATION

Generating an explanation for an explicitly stated fact (e.g., “Why?”).

5

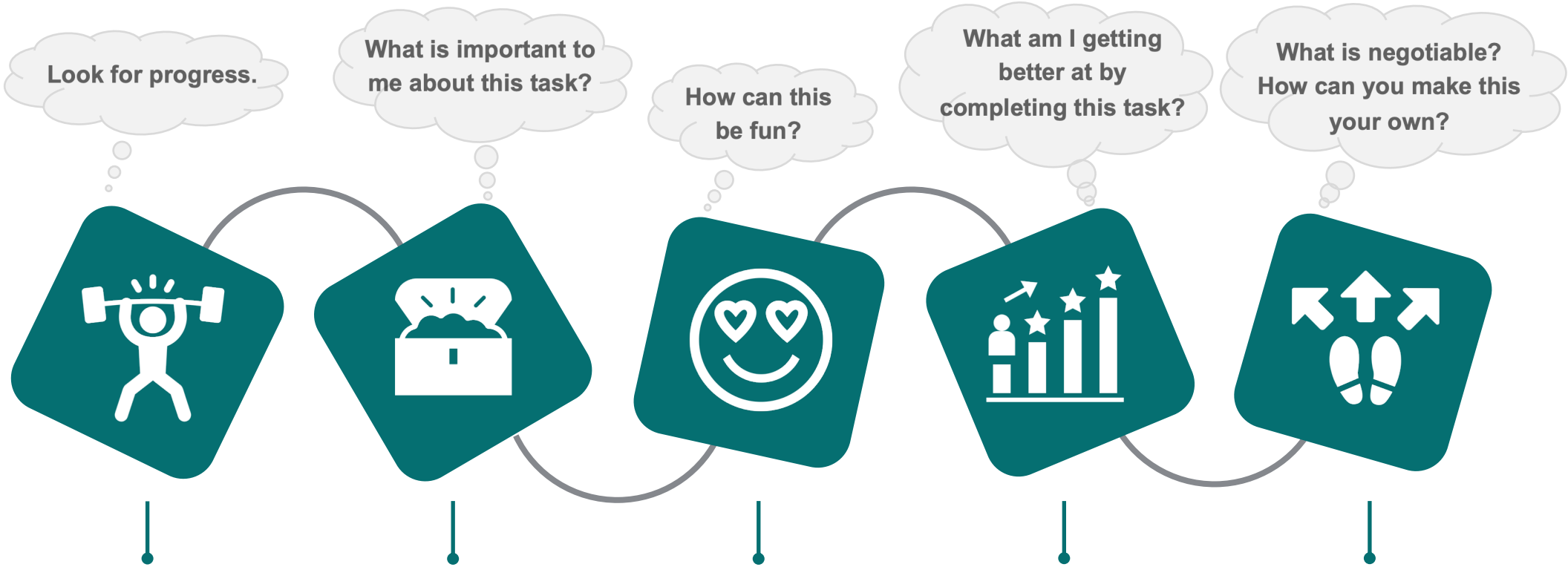
(Dunlosky et al., 2013)

Motivation

Why should I be doing this task?

Forethought

Motivation



SELF-EFFICACY

Beliefs about your ability to perform a behavior.

VALUE

Importance of a task or behavior.

INTEREST

Level of interest on a topic or task.

GROWTH MINDSET

Belief that you can improve with practice.

AUTONOMY

Chance to make choices during your learning journey.

(Cleary, 2018)

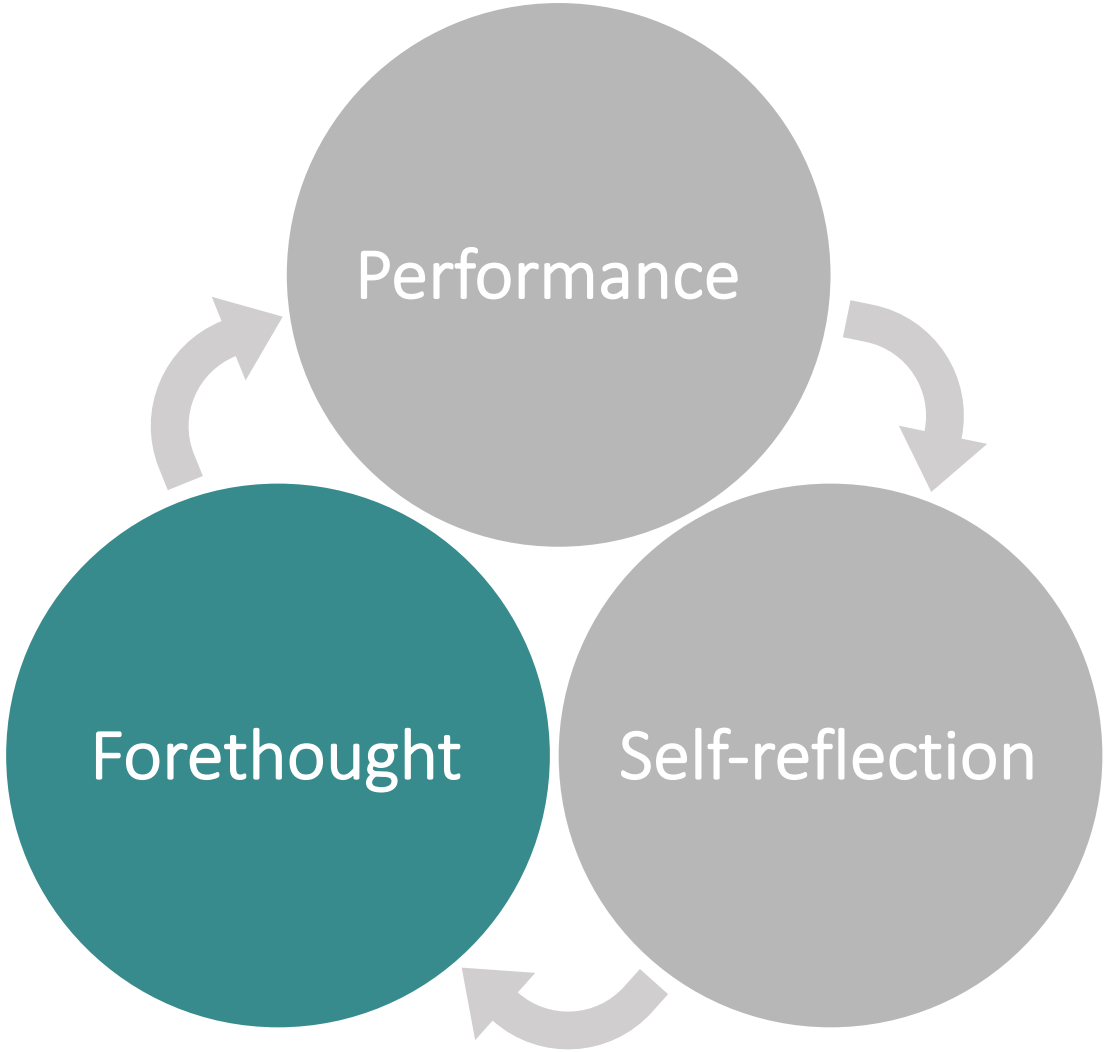
The SRL cyclical process

Analyse tasks

Set goals

Select strategies

Assess motivation



(Zimmerman & Campillo, 2003)

The SRL cyclical process

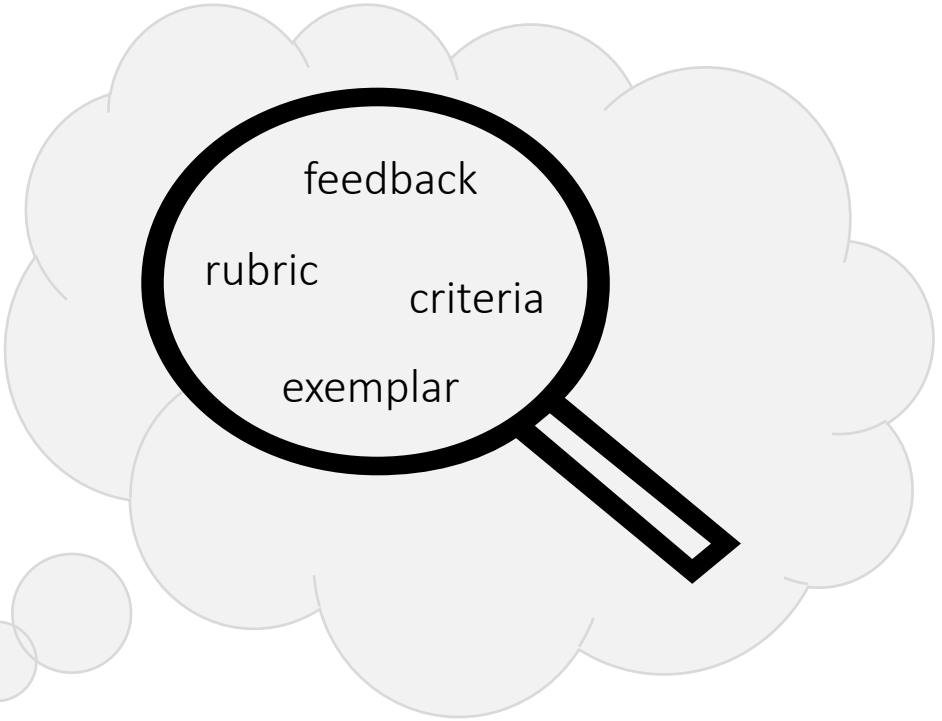
(Zimmerman & Campillo, 2003)

Performance

Monitoring

EVALUATIVE JUDGEMENT

Making decisions about the quality of your work.
This includes appraisal and understanding of standards.



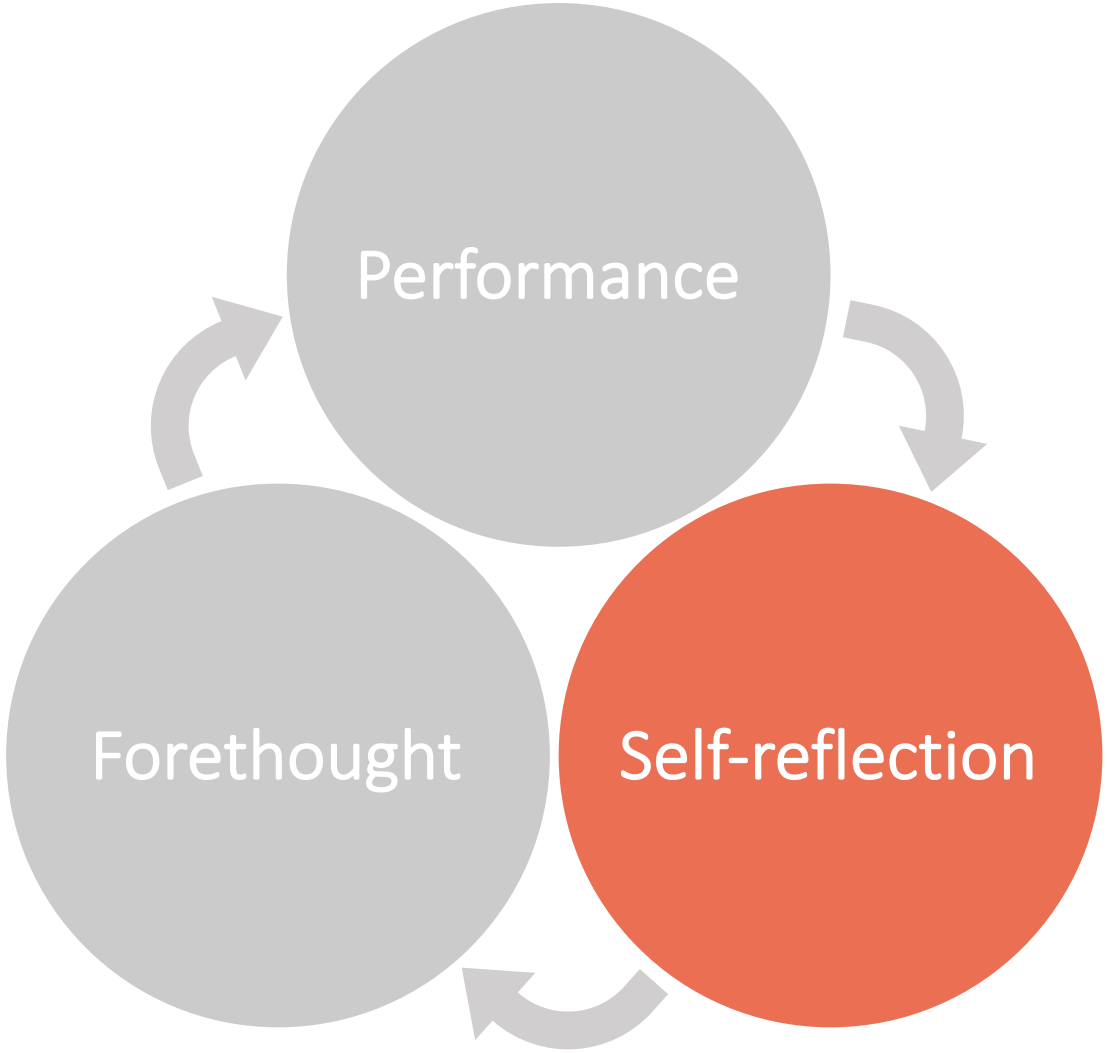
Is my work good enough to submit?

Am I using the most appropriate strategy to learn?

How well am I using these strategies?

(Cleary, 2018; Tai et al., 2018)

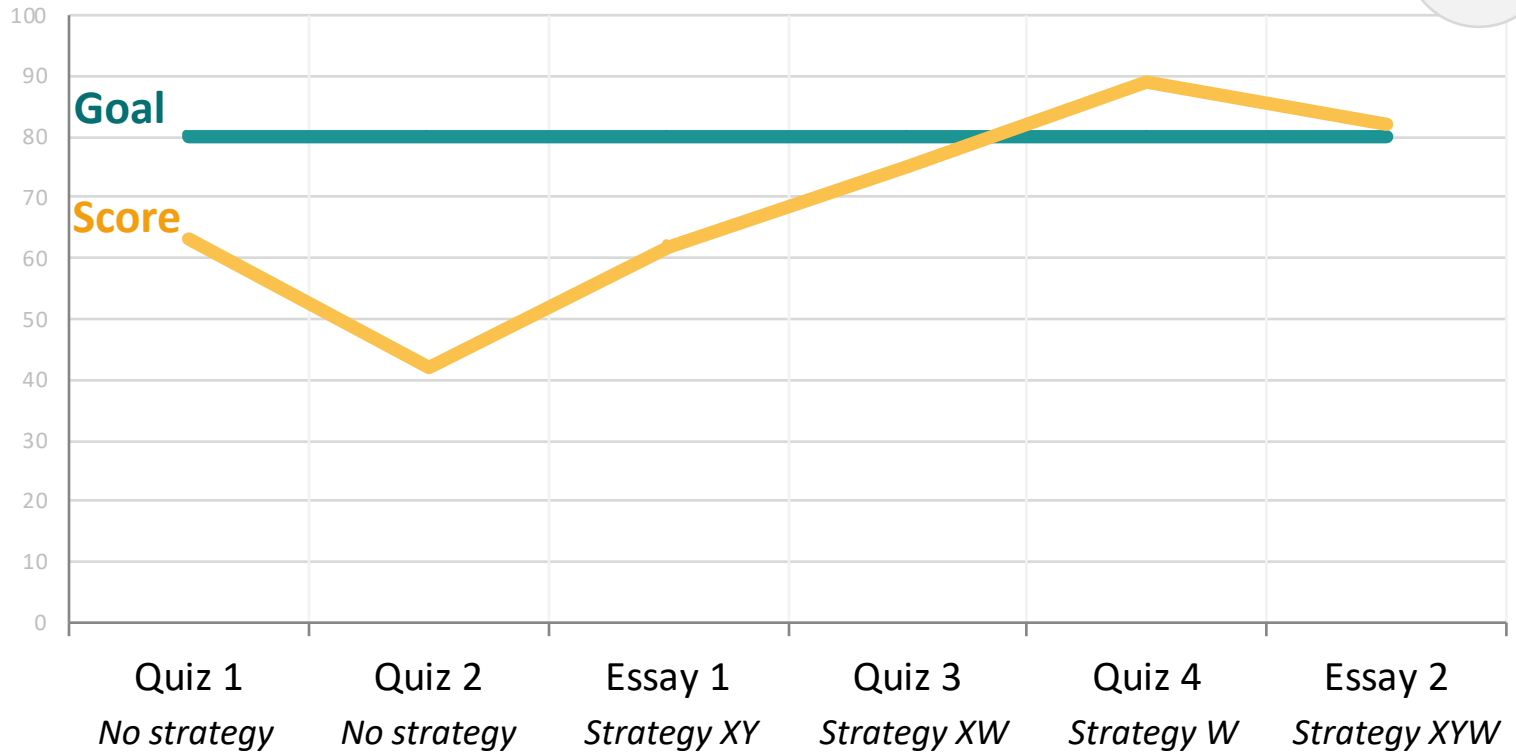
The SRL cyclical process



(Zimmerman & Campillo, 2003)

Reflection process

Exercise your curiosity!



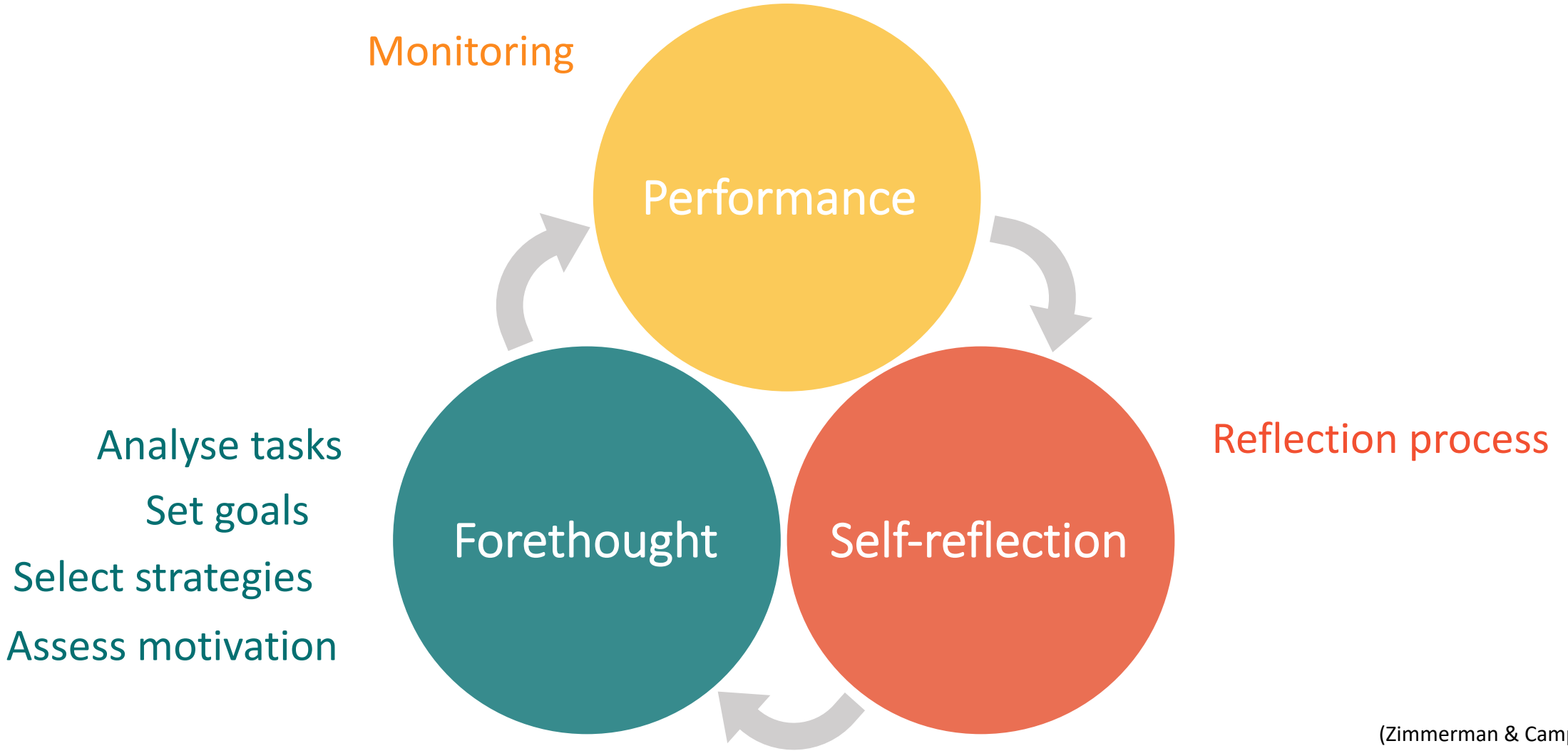
What strategies worked best for each assessment?

What are my misunderstandings?

How can I improve my learning process?

(Cleary, 2018)

The SRL cyclical process



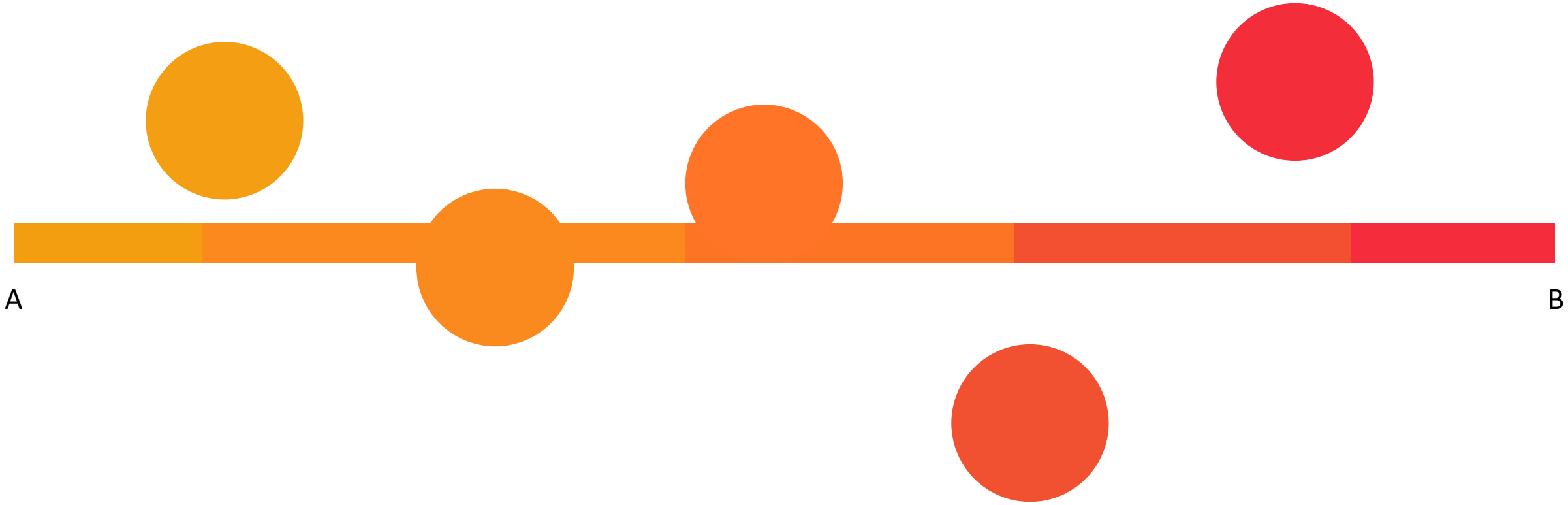
(Zimmerman & Campillo, 2003)

Simple!

Expectation

A B

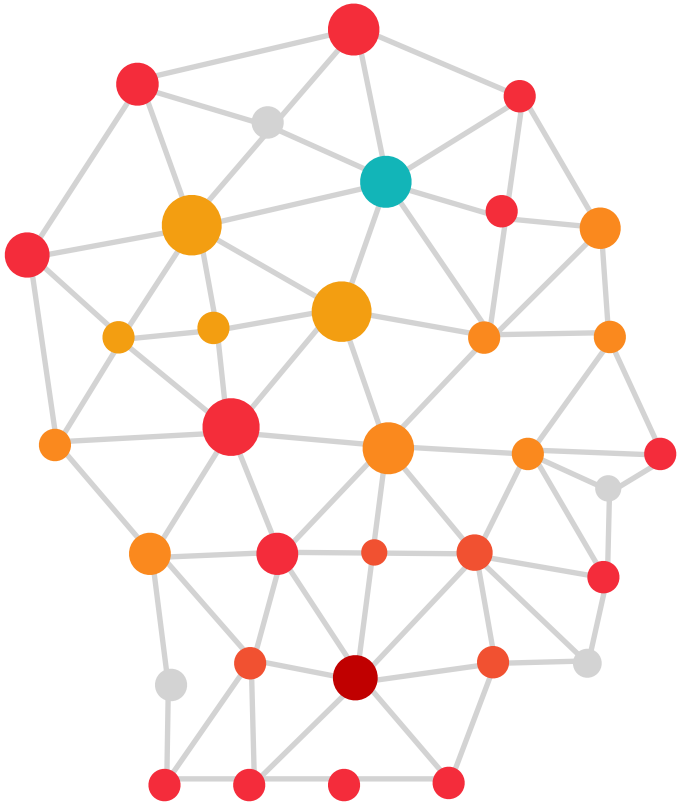
Reality



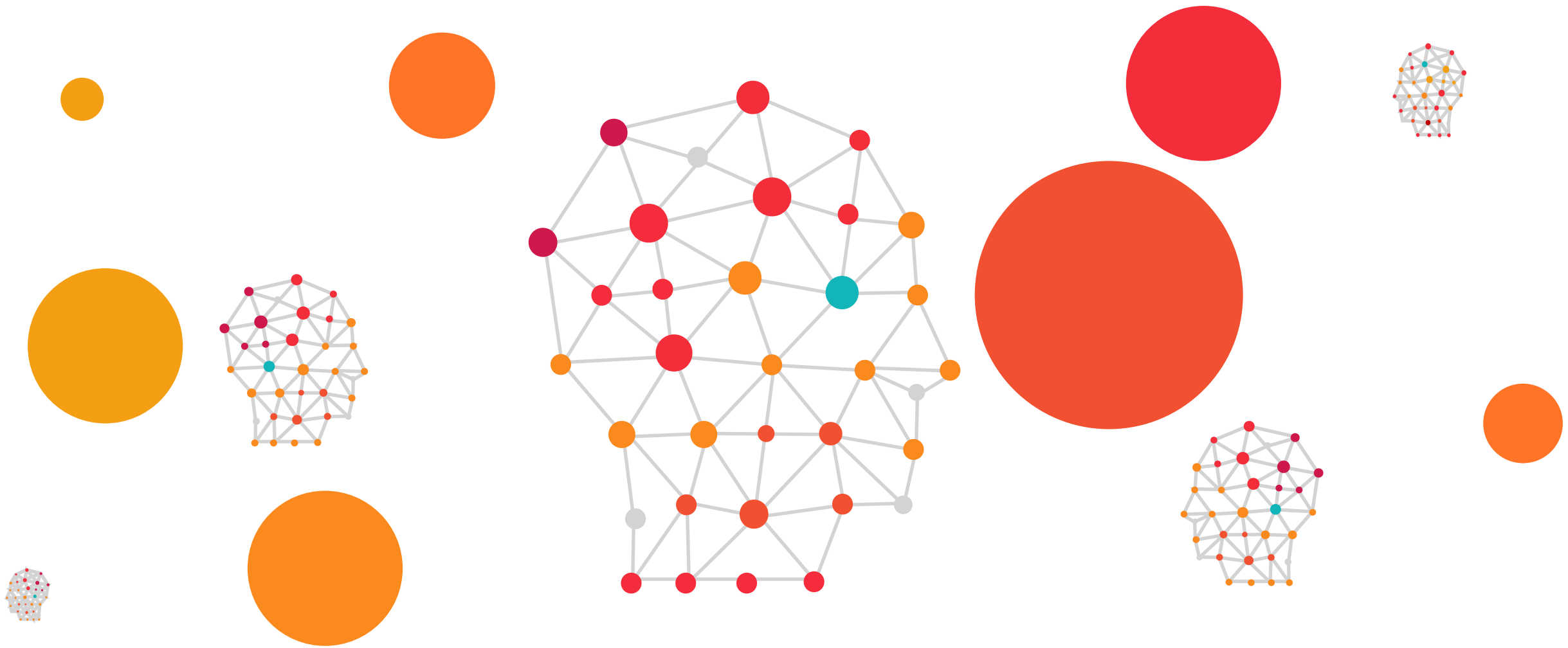
SRL is a process **applied to your journey**

There are difficult decisions to make…

…as we are complex beings…



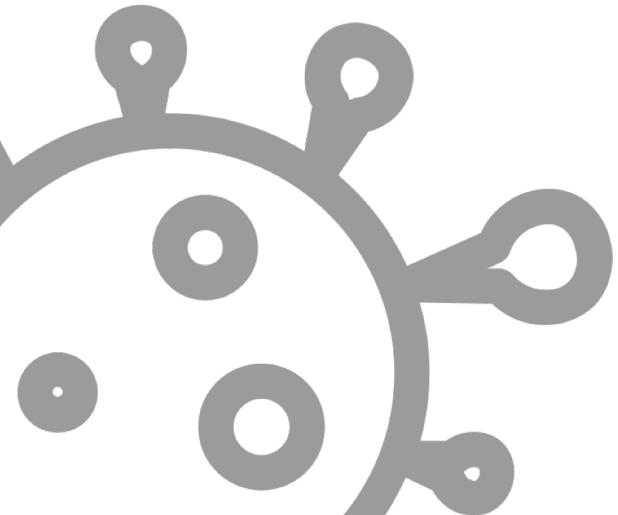
…in a complex world.



SRL skills seem to help

Metacognitive & Motivational Challenges

Academic Performance



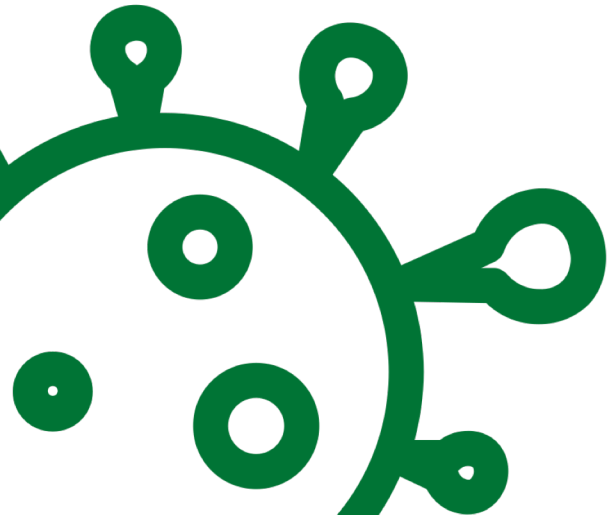
SRL Practices

(Hadwin et al., 2022)

SRL skills seem to help

Metacognitive & Motivational Challenges

Academic Performance

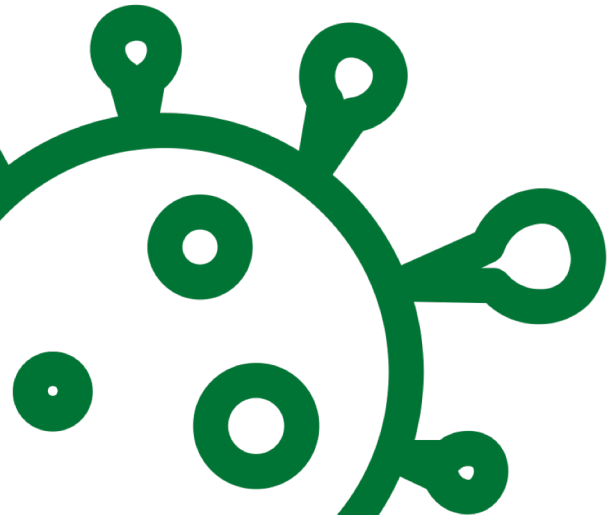


(Hadwin et al., 2022)

SRL skills seem to help

Metacognitive & Motivational Challenges

Academic Performance



SRL Practices

(Hadwin et al., 2022)

Characteristics of SRLers

- Self-starter
- Proactive
- Goal-directed
- Planning oriented
- Strategic
- Self-aware
- Self-reflective
- Adaptive and flexible

(Cleary, 2018)

Next steps

Start your SRL journey!

Dedicate some time for the Forethought phase!

For each unit
you have this semester,
map your assessments
and…

- Analyse tasks
- Set goals
- Select strategies
- Assess motivation

When life happens, seek help…

香港教育大學
The Education University of Hong Kong

Counselling
https://www.eduhk.hk/sao/info/counselling_services

The Centre for Language in Education offers a range of support and services in writing to students (e.g., language enhancement programs, workshops and consultation etc.

…and continue on your SRL journey!

香港教育大學
The Education University of Hong Kong

University Life Planning
https://www.eduhk.hk/sao/info/university_life_planning/university_life_planning_scheme

Assess your online SRL skills and get instant feedback:
https://www.srl-o.com/

Assess your SRL skills and learn more:
https://my.daacs.net/

'Learn to Learn' podcast:
https://www.learn-to-learn.org/

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Thank you!

Questions?

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