# Meta Learning
# &
# Thinking Skills

SELF REGULATED LEARNING
And LEARNING TO LEARN!



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- The individual set of self-regulation strategies that are usually used by successful students fall into three categories: personal, behavioral, and environmental

**Personal.** These strategies usually involve how a student organizes and interprets information and can include:

1.   Organizing and transforming information
    - outlining
    - summarizing
    - rearrangement of materials
    - highlighting
    - flashcards/ index cards
    - draw pictures, diagrams, charts
    - webs/mapping

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**Personal.** These strategies usually involve how a student organizes and interprets information and can include:

- 2.   Goal setting and planning/standard setting
    - sequencing, timing, completing
    - time management and pacing

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**Personal.** These strategies usually involve how a student organizes and interprets information and can include:

- 3.   Keeping records and monitoring
    - note-taking
    - lists of errors made
    - record of marks
    - portfolio, keeping all drafts of assignments

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**Personal.** These strategies usually involve how a student organizes and interprets information and can include:
- 4. Rehearsing and memorizing (written or verbal; overt or covert)
  - ▫ mnemonic devices
  - ▫ teaching someone else the material
  - ▫ making sample questions
  - ▫ using mental imagery
  - ▫ using repetition

**Behavioral:** These strategies involve actions that the student takes.

- 1. Self-evaluating (checking quality or progress)
  - ▫ task analysis (What does the teacher want me to do? What do I want out of it?)
  - ▫ self-instructions; enactive feedback
  - ▫ attentiveness

**Behavioral:** These strategies involve actions that the student takes.

- 2. Self-consequating
  - ▫ treats to motivate; self-reinforcement
  - ▫ arrangement or imagination of punishments; delay of gratification

**Environmental:** These strategies involve seeking assistance and structuring of the physical study environment.

- 1.    Seeking information (library, Internet)
  - ◻ library resources
  - ◻ Internet resources
  - ◻ reviewing cards
  - ◻ rereading records, tests, textbooks

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**Environmental:** These strategies involve seeking assistance and structuring of the physical study environment.

- 2.    Environmental structuring
  - ◻ selecting or arranging the physical setting
  - ◻ isolating/ eliminating or minimizing distractions
  - ◻ break up study periods and spread them over time

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**Environmental:** These strategies involve seeking assistance and structuring of the physical study environment.

- 3.    Seeking social assistance
  - ◻ from peers
  - ◻ from teachers or other adults
  - ◻ emulate exemplary models

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