

Be Your Own Best ^ Boss

Learning

“Talent without discipline is like an octopus on roller skates. There’s plenty of movement but you never know if it’s going to be forward, backwards, or sideways.”

H. Jackson Brown, Jr.



"I need"
Motivation

"I have no"
Willpower

"I am not"

SELF-DISCIPLINED

Self-Regulation

*It's not who you are or
what you have,
it's something you can do.*



What is Self-regulation?

Purposeful actions ...

- related to one's own thinking, feeling, and behavior
- intended to facilitate goal achievement

Can Self-Regulation Make a Difference for My Students?

- Reliable predictors of student success
 - Accurate Attribution
 - Time Management
 - Monitoring Comprehension
 - Goal Orientation
- SRL leads to deep processing, persistence, and intrinsic reinforcement

Unfortunately...

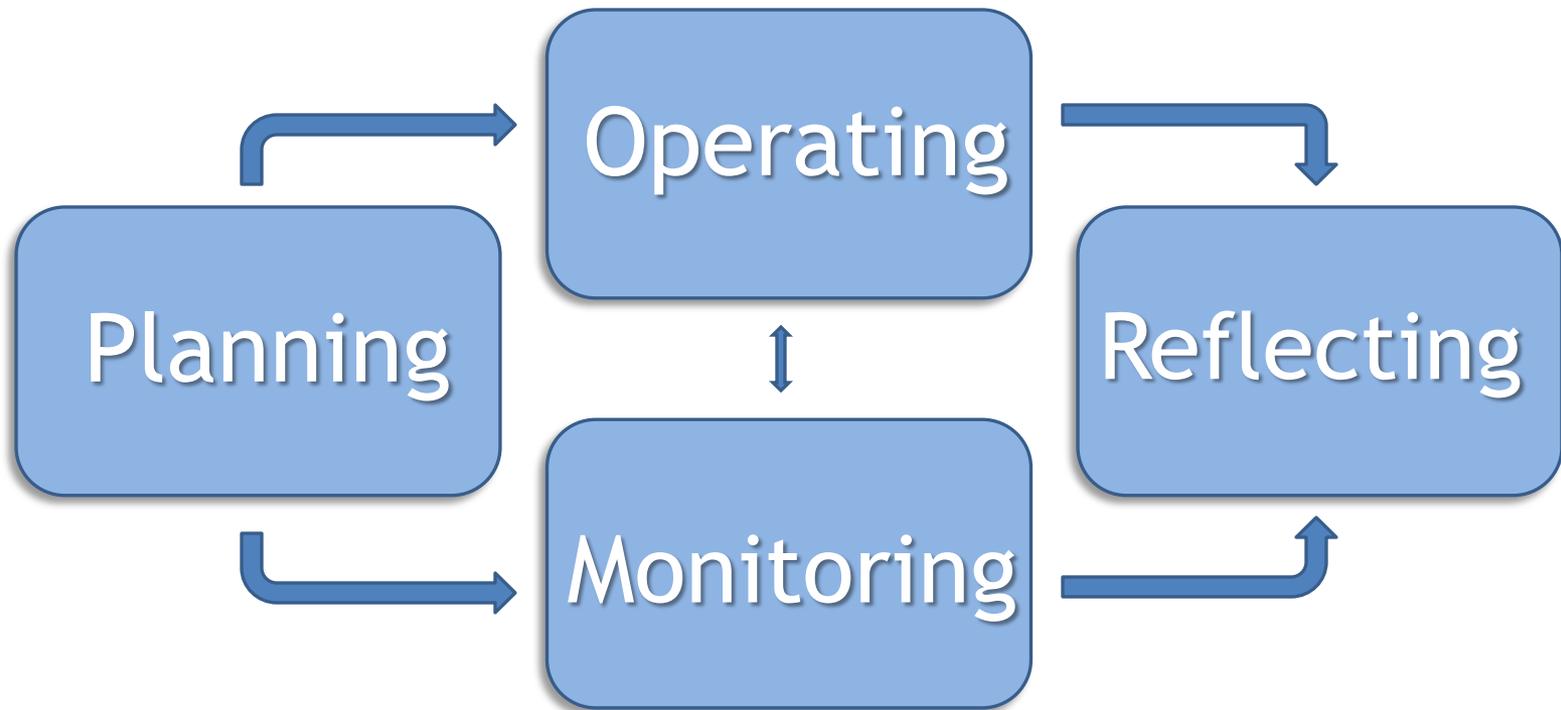
- Few (traditional) students come to higher education with strong self-regulation skills
- Many students come from highly-structured environments (high school) into the less-structured campus setting
- There are more distractions to interfere with learning than ever before
- There is research evidence suggesting that incoming freshmen are less self-reliant and less persistent than earlier generations



“We know that succeeding in online classes requires an extraordinary degree of organization, self-discipline, motivation, and time-management skill. A simple Google search of “how to succeed in online classes” yields a plethora of Web sites—including many college and university sites—offering students such gems as ‘be organized,’ ‘manage your time wisely,’ and (my favorite) ‘stay motivated.’”

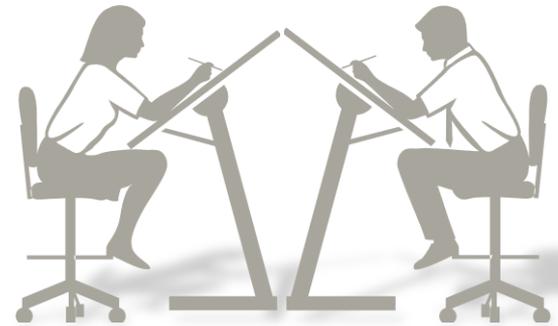
*Rob Jenkins, “A Massively Bad Idea”
Chronicle of Higher Education, (3/19/13)*

Elements of Regulation



Planning

- Goal Setting
- Identifying Strategies
- Preparing for Obstacles
- Prepping the Environment and Organizing Resources



Operating and Monitoring

- Paying Attention to Cues and Developing Habits
- Using Strategies and Resources
- Using Monitoring Information
- Managing Time
- Evaluating Progress
- Regulating Effort
- Determining if Help is Required

Reflecting

- Identifying What Worked
- Considering Improvements
- Planning for What's Next
- Attributing Success to Behaviors





**The best time to plant a tree? 20 years ago.
The second-best time to plant a tree? NOW.**