Self-Regulated Learning: Active Learning on the Inside

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Outcomes for You

You will be able to explain:
• What self-regulated learning (SRL) is.
• Where SRL originated.
• How SRL enhances student learning and adult success, including the evidence behind this claim.
Most students think ...

• Learning “happens” or doesn’t happen to them.
• Learning in college should be easy.
• If it’s not happening:
  – It’s the instructor’s fault, OR
  – It’s hopeless; they weren’t born with the talent.
The Antidote: Self-Regulated Learning

= the conscious planning, monitoring, and evaluation of one’s learning in order to maximize it.

Multi-stage, multi-dimensional process
Self Regulated Learning

- Emotional and Motivational Control
- Metacognition
- Control over Physical Environment
- Behavior

Dimensions of SRL

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## The Learner’s Questions
### Bases of activities and assignments

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<thead>
<tr>
<th></th>
<th>Metacognition</th>
<th>Meta-emotional</th>
<th>Environmental</th>
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<tbody>
<tr>
<td><strong>BEFORE</strong> Planning or Forethought</td>
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<td><strong>DURING</strong> Self-Monitoring or Performance/Volition Control</td>
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<td><strong>AFTER</strong> Self-Evaluation or Self-Reflection</td>
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Bandura’s Findings

Self-Efficacy

Learning

Self-Regulation
Benefits to Students

- Learning → performance
- More and deeper thinking
- Conscious focus on learning
- Motivation
Hattie’s (2009) meta-meta-analysis

- teacher clarity - effect size of .75
- getting feedback - .73
- spaced v. mass practice - .71
- metacognitive strategies - .69

> mastery learning, group work, time on task, computer-assisted instruction, and teaching students test-taking strategies
% of students passing course and gateway test in traditional versus SRL sections of Developmental Math
% of students passing the summer course and a for-credit fall-semester math course in traditional versus SRL sections of Developmental Math
% of students passing gateway exam and a for-credit fall-semester writing course in traditional versus SRL sections of Developmental Writing
More Benefits to Students

Professionalism

Adult Success
Ability to Defer Gratification

In *youth*, positively related to:

- paying attention in classes
- school attendance and completion
- physical health
- avoidance of illegal drug use, early pregnancy, and criminal activity

(Mischel, Shoder, & Peake, 1988)
In adulthood, positively related to:

- self-esteem and ego-resiliency
- stress management
- life planning skills
- social competency (Mischel & Ayduk, 2002; Mischel, Shoder, & Peake, 1988; Mischel, Shoder, & Rodriguez, 1989; Shoder, Mischel, & Peake, 1990)
- educational attainment
- income (Evans & Rosenbaum, 2008)
Faculty run SRL class activities and make SRL assignments.

Students don’t mind – short, low-stress, worth a point.

Faculty don’t mind – P/F-graded assignments; P = complete and proper length.

Results are evident to all.