

***Brief Pointers***

Plan to learn.

* What are the most important things about this subject that I want to learn?
* What do I already know?
* What do I need to do to benefit from the reading; from the class; from the course?
* What will I do to make sure I'm learning?

If you can't teach it, you haven't learned it.

* Re-reading by itself is a waste of time.
* Close the book and outline in writing an explanation of the most important facts and theories.
  + Highlight what is new, surprising, or controversial.
* Check your explanation against the reading.
  + "Rinse and repeat": revise your explanation until it you can defend it in light of the reading.

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| ***Questions That Self-Regulated Learners Ask Themselves***  Derived from: Linda B. Nilson, *Self-Regulated Learning* and IU lecture | | | | |
|  | **Cognitive** | | **Emotional** | **Environmental** |
| **Planning** | What is my goal? How will I know I have reached it?  What do I already know about the topic?  What additional information, if any, will I need?  What strategies should I use? (actively listening, taking notes, outlining, visually representing the material, occasionally self-quizzing, reviewing, or writing a summary)  What strengths can I bring to the task?  What are my weaknesses and how can I make up for them? | How interested and motivated am I to do the task, and how can I increase my interest and motivation if they are low?  What’s the value or relevance of what I’ll be learning?  How confident am I in my ability to learn this material? If not very, how can I increase my belief in my ability to learn it, without becoming over-confident? | | What is the best environment for the task that I can create?  Am I in a good physical place and position to do this task?  Have I put potential distractions far, far away?  How much time and what resources will I need? Are these resources handy? | |
| **Monitoring** | Am I making good progress toward my goal?  What material is the most important?  What material am I having trouble understanding?  How does what I am learning relate to what I already know?  How is my thinking on the topic changing? | How is what I’m learning relevant to my experience or my future?  What material is challenging what I’ve thought about the subject? Am I resisting it?  Am I starting to get discouraged or give up? How can I change this negative thinking? | | Should I try another environment to see if it works better?  Am I staying away from distractions? If not, I have to get further away from them.  Do I need a short break to refresh my mind and body? | |

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| **Evaluating** | How well did I master what I set out to learn?  What can I recall and what do I need to review?  What were the most important points I learned?  What am I still having trouble understanding?  What questions do I have to ask my instructor?  How does what I learned relate to other things I’ve been learning or have experienced?  How has my thinking on the topic changed? | Am I pleased or disappointed in my evaluation of my learning?  Am I defensively withdrawing energy from the task? | How well did I avoid distractions and stay on task?  If not that well, how can I avoid distractions more effectively in the future?  Do I need to experiment more with different physical factors to find the best working environment and break schedule for myself? |