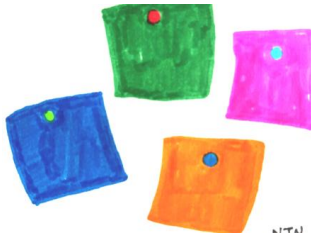




T2T

Tutors-to-Teachers SRL Tips for Everyone

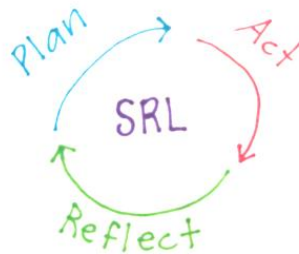
FOSTERING SELF-REGULATION



TIPS FOR ENCOURAGING GOOD STUDY HABITS

- Designate a consistent time and place for homework
- Model study techniques for your student to review information, such as using notecards, sticky notes, or creating diagrams
- Encourage your student to check off completed tasks and assignments in his or her agenda book
- Use a timer to create a realistic amount of time designated to homework and studying

Engaging in the SRL cycle will help you to become a more effective learner through planning, goal setting, and progress monitoring. Taking the time to practice these steps will allow you to become more independent and achieve your goals.



1.) PLAN

- Set goals
- Plan for the task

2.) ACT

- Exercise self control
- Focus your attention
- Use strategies

3.) REFLECT

- Review your goals
- Evaluate your performance

WHAT ARE STRATEGIES?

- Procedures to help complete a task, motivate you, or structure the environment for learning



WHAT IS SELF MONITORING?

- Keeping track of your performance and challenges



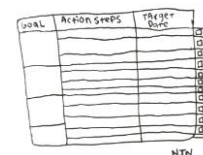
WHAT IS SELF REFLECTION?

- Evaluating how you did on a task and why you performed that way

TIPS FOR CREATING GOALS

- Goals do not have to be limited to subject-specific targets. Goals can include strategy use, time management skills, and forming habits for studying or completing tasks.

- Tracking the action and accomplishments supports participation and provides physical evidence of achievement. A goal sheet is a great way to keep these items organized!



- Revisit your goal sheet frequently and think about how those goals are related to learning and achieving other goals