

Personal Reflection: Metacognitive Questions

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What is the best way to go about this task?

First, I need to read the article and identify the author's definition of "self-regulated learning". Then, I need to establish a personal connection to this definition so I can begin applying it to situations in my life. Finally, I will read for a broad understanding of the importance of utilizing self-regulated learning.

Nilson defines self-regulated learning as "the conscious planning, monitoring, evaluation, and ultimately control of one's learning in order to maximize it" (para 1). So, I will identify a situation where I need to maximize my learning, in this case, this self-reflection. I now can consciously walk through the steps of writing a reflection in response to specific prompts through a self-regulating lens to enhance my achievement. If I find that I do not have a grasp on the ideas of this article when I begin the assignment, I will re-visit the article.

How well are my learning strategies working? What changes should I make, if any?

I think my learning strategies are working. I first make sure my environment is suitable for focusing on my assignments. I also write down what readings and assignments are due this week so I can ensure I allot my time appropriately. I generally print out required reading and listen to an automated software read it to me, this way I can annotate a hard copy of the reading, listen to the reading, and read it myself at the same time. I also print assignments and corresponding rubrics so I am mindful of the assignment I will complete following the readings. I also spread my work out throughout the week and set early deadlines for myself so I can prepare for unexpected delays or enhanced workload at my job that hinders my work on graduate school assignments.

I generally re-evaluate my learning strategies every week to make sure that I was as efficient and thorough as possible. If I identify changes that need to be made, I strive to make them as soon as possible. This is a practice that I began in graduate school, but I truly wish that I had utilized it while I was an undergraduate student as well.

What can I recall and what should I review?

While reading this article, I identified and underlined the key points such as definitions, purpose, application, and potential benefits of encouraging self-regulated learning in yourself and your students. I can recall these things generally but need to review the article frequently while writing this reflection so I can include specific passages. I need to review the specifics and take the time to identify additional situations where I can employ self-regulated learning.

How does this material relate to other things I've learned or experienced?

This material is directly related to many of the topics we have covered in HIED 806 Teaching and Learning. In fact, I think it relates to every topic that we have covered. Effective teachers are life-long learners and therefore should utilize self-regulated learning to hold themselves accountable for their academic achievements. It also directly relates to fostering student motivation because it provides a clear framework of questions to pose to students who might feel stuck in their academic achievements. Evaluating self-regulated learning as a formal learning strategy allows the learner to place value on their own opinion of their achievements and efforts. This is a foundational idea in fostering intrinsically motivated students, but it is an incredibly abstract and difficult trait to teach.