

Before Class

During Class

After Class

Studying

Testing

What do you need to do?

- post-class assignment
- lab report
- prep for a quiz or exam
- other _____

Self-Regulated Learning

Planning

Metacognitive Knowledge

Task Variable



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How Do You Feel About this work?

Self-Regulated Learning

Planning

Metacognitive Knowledge

Person Variable

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What strategy should you use?

This task is:

- new to me
- I've done it before
 - the strategy I used before worked
 - I need to try something different

Self-Regulated Learning

Planning

Metacognitive Knowledge

Strategy, Person Variable

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How long do you expect this to take?

- 10 - 20 minutes
- 30 - 60 minutes
- 1.5 - 2 hours
- more than 3 hours

Self-Regulated Learning

Planning

Metacognitive Knowledge

Task Variable

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Who can help?

- Teaching Assistant
- Professor/Instructor
- Friends - Who _____
- Academic Resource Center
- I don't need help

Self-Regulated Learning

Planning, Performance

Metacognitive Knowledge

Strategy Variable

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How do you feel about your performance?

Self-Regulated Learning

Performance, Evaluation

Metacognitive Knowledge

Person Variable



Strategy:

Why:

When:

How:

Used before:
