

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

Before Class

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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

Before Class

During Class

**After Class**

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**How do you feel about your performance?**

**Self-Regulated Learning**

Performance, Evaluation

**Metacognitive Knowledge**

Person Variable



**Strategy:**

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**Why:**

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**When:**

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**How:**

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**Used before:**

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