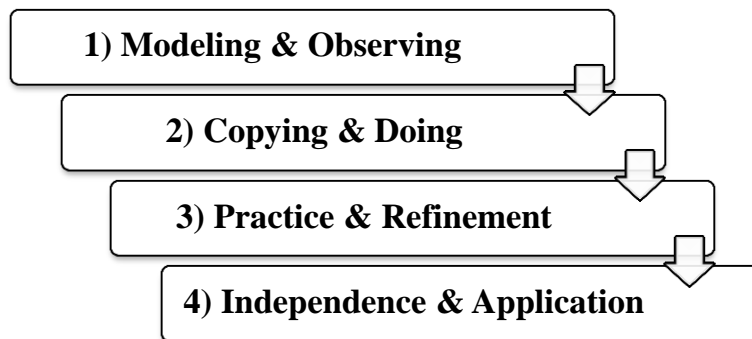


Strategies to Develop Self-Regulation



- Help student understand their preferred learning style or mode. Learners who working within areas of strength as well as limitations are better prepared for unforeseen issues.
- Provide accurate constructive feedback that focuses learner on specific tasks or skills to be improved
 - Tell the truth and give the tools to improve
- Praise effort not ability
- Teach challenges worth solving, which must be:
 - enjoyable and
 - intriguing
- Develop classroom conventions that are repeated daily by the students and teacher (like a pledge)
 - All skills and processes as learnable
 - We will model patience, persistence, and perseverance
 - All feedback is constructive toward my future success
- Teach students how to mobilize resources
 - Utilize what you have (**believe in yourself**),
 - Utilize those around you (teachers, classmates, parents, other adults)
 - Utilize the materials available,
 - Ask questions, or ask for help,
 - Request, require and/or advocate for more support/information/resources.
- Use pre-assessments before instruction to show what can be learned
- Show them why the skill/content is important to future learning
- Use specific/focused feedback
- Use an equal balance of praise and support
- Use deliberate practice
 - An activity specifically designed to improve a specific performance
 - It can and should be repeated a lot
 - Feedback is continuous
 - Should mentally stretch the learner
 - It is difficult!
- Provide time for students to reflect on learning
- Assist learners in making connections to their lives, other content areas, fields of study, careers...
- **Live the growth mindset:**
 - Show your students your love for challenges
 - Use your mistakes as a learning tool
 - Discuss the effort you put in daily
 - Display your continued learning
- Use constructive criticism to build self-confidence

