Unit 2: Learning

Reflection #2: Becoming a Self-Regulated Learner

After reading Zimmerman's article, answer the following questions on your Reflections page of your ePortfolio. Be sure to use thoughtful and complete sentences.

1) Explain **self-regulation** in the context of learning.

2) Describe the difference between the Forethought, Performance and Self-Reflection phases discussed in the article. Give an example of what each might look like in practice to help complete your description.

3) Consider something that you are learning how to do (drive, run a marathon, shoot 10 consecutive free-throws, write a poem, etc.). Set out a plan on how you are going to self-regulate your learning using the 3 phases illustrated in the article. Be as specific as possible.

Zimmerman, B. (2002). Becoming a self-regulated learner. *Theory into Practice*, 41(2), 64-70.