LINCS

COMMUNITY, COURSES, AND RESOURCES FOR ADULT EDUCATION

Teaching Excellence in Adult Literacy (TEAL): Self–Regulated Learning

Summary and Objectives

Audience: Adult Basic Education (ABE) instructors

Summary: Self-regulated learning refers to one's ability to understand and control one's learning behaviors. For the learner to do this, he or she must set goals, select the strategies to achieve the goals, and monitor progress towards the goals. All of these can be customized to the content, in this case, writing, to hone learners' attention to and confidence in learning particular habits, strategies, and skills.

Objectives:

- Define self-regulated learning
- Identify the importance of helping students become self-regulated learners
- Describe instructional strategies for self-regulated learning
- Plan for incorporating self-regulated learning strategies into your adult education learning class

Course Logistics

Format: facilitated, online

Estimated Completion Time: approximately 2 hours per week; 6 hours total

Expectations: Participants are expected to read and post at least once in each forum (not each discussion thread) and journal; watch recorded presentations; read the background readings and resource pages of the course; and complete assignments and the final evaluation. *Note: There are several additional links and resources posted. Explore these to inform your practice, as you have time.* Download a Certificate of Completion upon successful completion of course requirements.

Course Topics

Let's get started

- *Journal:* Rate your knowledge: What do you know about self-regulated learning?
- Face-to-face learning vs. online learning

What is self-regulated learning?

- *Readings:* general background
- *Presentation:* Helping adult learners become self-regulated
- Resources from participants to help students self-regulate and monitor their own learning

Put it in context

- **General:** Resources on learner persistence
- **General:** Wiki: Ideas for supporting positive self-talk
- **Writing:** Helping students describe good writing
- **Math:** Help students assess math strategies

Assignments: Choose One

- Reflect with students on goals and progress
- Discuss goal-setting and monitoring in your program
- Explore self-regulation in greater detail

Reflection

- Set your personal goal for teaching self-regulated learning strategies

Wrap up and summary

- *Recording:* Course Recap

**For information on course availability,
contact the LINCS Professional Development Center at pdcenter@lincs.ed.gov**

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