

Self-Management of Learning

Self-Management of Learning is about taking responsibility for your own learning by monitoring and regulating your own cognitive processes with increasing spontaneity and sophistication.

- 1) Pacing yourself
- 2) Having an idea of what constitutes mastery and where you are in the process
- 3) Reflecting on what is being learned—considering, evaluating and improving on your own work— being intellectually careful
- 4) Monitoring your own thinking
- 5) Having a repertoire of ways to memorize
- 6) Having a repertoire of ways to use resources
- 7) Having a repertoire of smart things to do in reasoning, problem-solving, and decision- making
- 8) Checking new insights against prior understanding
- 9) Connecting new information to existing stores of background knowledge
- 10) Holding yourself accountable to high standards of understanding and asking questions when you don't understand
- 11) Using strategies of paraphrasing, self-explanation
- 12) Reaching for deep understanding—persistence—seeking and evaluating reasons
- 13) Knowing how and when to ask questions
- 14) Knowing when it is appropriate to struggle through rather than have someone do it for you
- 15) Seeking extra help or more information when needed
- 16) Knowing when and what kind of help is needed
- 17) Figuring out what you are having trouble with and being specific or targeted—being planful and strategic
- 18) Controlling the conditions of your learning—knowing what works for you
- 19) Working productively without distraction for sustained periods of time
- 20) Working independently in a variety of settings
- 21) Participating actively and collaboratively
- 22) Insisting on your own understanding (e.g. your “right” to learn/grow/be informed)
- 23) Helping others understand; giving thoughtful feedback without doing the work for them
- 24) Giving and receiving thoughtful and responsible feedback and adapting to feedback and guidance
- 25) Engaging in discussions respectfully, constructively, inclusively, using evidence and reasoning
- 26) Carefully considering feedback from others without becoming defensive
- 27) Owning your mistakes, setbacks, etc. as part of the process
- 28) Analyzing and synthesizing ideas—broad, adventurous, creative thinking
- 29) Maintaining sustained intellectual curiosity

(Adapted from Resnick and Hall, Principles of Learning for Effort Based Education) March 19, 2011