

# The second component of self regulated learning education essay

[Education](#)



Hayk Baghdasaryan Professor Heather Maclean ESL 100 Self-Regulated Learning" Self-regulation is a self-directive process by which learners transform their mental abilities into academic skills. Learning is viewed as an activity that students do for themselves in a proactive way rather" (Zimmerman, 2002). Theory and research on self-regulated academic learning emerged in the mid-1980s, aiming to give an answer to the question how students become masters of their own learning processes. Self-regulation is the ability to control and regulate your impulses, regardless of emotion. It is the ability to take yourself out of lazy behavior and into doing the task at hand, even if you do not "feel" like doing it. Students at almost any age are capable of self-regulated learning but this does not mean that all students take effective charge of their own learning. Self-regulated learning is time-consuming and very difficult for some students but remember, self-regulation can be taught, learned and controlled. Success for a self-regulated learner is setting goals, believing in your ability to succeed, and taking responsibility. Self-regulated learning could also be defined as an active, constructive process during which learners set goals for their learning and then try to control their own learning and reach their goals. Also the ability to self-regulate may have advantages in the course of person's mental life, especially within the sporting context. Many researchers have agreed with the importance of self-regulated learning for students at all academic levels. In fact, Zimmerman, an expert in this area, has found evidence of many different types of self-regulation. In Zimmerman's studies, successful students report that the use of self-regulated learning strategies accounted for most of their success in school. There are three important components of

self-regulated learning that will help learners be more successful in their academic endeavors and those components are motivation, learning style and behavior. The first component of self-regulated learning that will help students to reach academic successes is motivation. Motivation is necessary for positive academic outcomes. Student motivation deals with a student's desire to actively participate in the learning process. It is very important that students are motivated to be self-regulating. The motivation has a few strategies and using those students are able to generate thoughts, feelings and actions on their own in order to achieve the goals that they have set in the learning process. There are two types of motivation: intrinsic and extrinsic. The intrinsically motivation is when person motivates himself /herself. On the other hand extrinsically motivation is when the person gets motivated by friends, teachers or family. According to Zimmerman, In order for students to be self-regulated they need to be aware of their own thoughts, and be motivated to actively participate in their own learning process. Self-regulated students often use motivational strategies when they are discouraged or face difficulties. Self-regulated person can motivate himself or herself to reach long term goals. For example, a person saving money for a new car can use self-regulation to stop spending money in order to save money for a new car. Most importantly students can use motivation to become self-regulated learners which will help them to success in academic achievements. The second component of self-regulated learning that will help students to be academic successful is learning style. Learning is the process by which students acquire new knowledge. One of the most important things in learning style is that students actually have the chance

to try to take control of their own learning and are given the chance to try tasks on their own, using their own learning style. Learning styles also refer to the concept that student's process and perceive information in different ways. Within learning styles there might be a few factors that can lead to differences. Those factors include, personality, ability to process information, processes or some complex combination of these and other differences. Every student is different and each student understands the learning environment in a different way, and they usually have one learning style that they prefer over others, and they use that learning style to make the task easier and understandable for them. Sometimes the learning style can be motivated by learning material. Learners can get a different learning style depending on the subject matter and current learning environment. The student's learning style usually comes from early ages and it usually gets motivated by their parents, teachers or learning material. According to Schunk and Zimmerman, students that have their own learning style will be able to set better learning goals, to implement more successful learning strategies. So if the student has already found his or her learning style it will be much easier for him /her to achieve academic successes. Finally the third component of self-regulated learning that will help students to achieve academic successes is behavior. Dale Schunk and Barry Zimmerman define self-regulation as controlling one's own behavior. Some students are having difficulties with their behavior because all people are different and everyone has his/her own behavior. Behavior difficulties include different factors but more often they are related to the self-control. However, according to the theory of self-regulation, it is possible to solve that problem using some

monitoring, control and regulation. Self-regulated behavior is very similar to self-regulated learning style. So the students should motivate themselves to find the right self-regulated behavior for them. Self-regulated behavior can be motivated by other people as well. Also the background of the person can have a really strong impact on person's behavior. It is very important for student to get the right behavior from an early age because the behavior is something that is really hard to change but on the other hand it is not impossible. As soon as student gets the right behavior it will be easier for him or her to become a self-regulated learner. Most importantly students with the right behavior can be reach very high academic successes. In conclusion, students who are self-regulated learners are much more likely to learn more and achieve academic successes. There has been an incredible increase in the number of information sources and the creation of more ways of self-regulated learning. This means it will become an even more important goal for all educational systems to teach all students how to become self-regulated learners. So if the numbers of self-regulated learners will increase the numbers of students who achieve academic successes will increase as well.