

Self regulation and learning

Psychology



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Self Regulation

The scholars' performance is determined by their ability to coordinate their activities at different stages from planning to implementation (Zimmerman, 217). Being able to recognize personal potential, and utilizing the right skills in learning are of supreme significance for the achievement of their goals (Zimmerman, 218). Therefore, learners should assess their potential and utilize the most appropriate techniques relevant for achieving victory in their performance. This is what makes the difference between success and failure in learning activities.

Learners, who recognize their ability to achieve success in studies, normally develop personal confidence and capability to manage any obstacle against their performance (Zimmerman, 218). This should be coupled with the ability to set attainable goals and means to achieve them. In most cases, setting goals beyond your potential will result to poor performance. This also influences the means of pursuing those goals, and the value they attach to their work (Zimmerman, 220).

Self-confidence among learners is the driving force for achievement of their targets. It propels them beyond any obstacle until they get to their destiny. This is very essential because the most important thing is the achievement, rather than the setting of objectives. However, learners should avoid being overconfident because, this will generally lower their innovativeness and self-drive (Zimmerman, 219).

Those who attempt to grasp the entire content at once encounter challenges, because they end up becoming nervous and eventually end up obtaining poor results (Zimmerman, 218). Therefore, scholars should learn to <https://assignbuster.com/self-regulation-and-learning/>

be systematic in their work and engage all their ability towards attaining their main goals. The amount of time spent in learning is of less importance. Therefore, what matters is the ability to prioritize their objectives and pursuance of the right track to achieve them (Zimmerman, 219).

In conclusion, we can say that scholars who confidently set their objectives and prioritize them are most likely to succeed in their academics (Zimmerman, 218). Personal stimulation is the driving force towards overcoming challenges as well as coordinating their activities systematically.

Works Cited

Zimmerman, Barry, J., Self-Regulation Involves More Than Metacognition: A Social Cognitive Perspective. *Educational Psychologist*, 30. 4. (Lawrence Erlbaum Associates, Inc. 1995). 217-221