



Evidence-based resources for home-supported learning

Features of an effective self-regulated learner

During the home-supported learning period, a student's ability to self-regulate may be one contributing factor for success.

Approach Summary

Successful self-regulated learners use a number of strategies to help them learn independently:

- Setting specific short-term goals;
- Adopting powerful strategies for attaining the goals;
- Monitoring performance for signs of progress;
- Restructuring one's physical and social context to make it compatible with one's goals;
- Managing time-use efficiently;
- Self-evaluating one's methods;
- Attributing causation to results and adapting future methods.

Teachers can encourage their students to use these strategies to help them succeed in home-supported learning.

The extent to which the skills related to these strategies are acquired is in part dependant on the opportunities students receive to develop them outside of school and in the home. Providing tasks that require these strategies may provide additional benefit for the period of home-supported learning.

Tips

- Teach strategies explicitly and with particular reference to home-supported learning.
- Put scaffolds in place for goal setting so that students can become more independent in determining their own goals.
- Share practical tools that will help students apply the strategies (such as a timetable template).
- Provide students with opportunities to reflect and self-evaluate the strategies they have used.
- Share strategies with parents so that good use of strategies can be reinforced (such as a rewards for time management).

What should I consider?

- Have I considered how learners of different ages can best be supported to develop self-regulatory behaviours?
- Have I provided simple guidance and resources to help students develop strategies that will help them self-regulate during home-supported learning activities?
- Am I, and my colleagues, confident with adapting learning to develop these strategies in a home-supported learning environment?

Related resource

E4L has also produced an Independent Learner Profile as an example of how an effective self-regulated learner may be approaching home-supported learning.

This resource has been developed from our Guidance Report [*Metacognition and self-regulated learning*](#).