Motivational Strategies to Promote Self-Regulated Learning

If you have the opportunity, help some learners to try out some of the strategies listed below or try them out in your own learning.

What is their/your experience of using the strategies? What can you conclude? How can the process be enhanced? What additional cognitive strategies can you develop for a particular subject area or task?

# 1. Selected Strategies

* Keep a journal listing the reasons why you wish to complete specific tasks/learning
* For each task, write a one-line plan for how you will complete it successfully
* Check off each task you intend to achieve as it is achieved. Compare with timetable
* Draw up a ‘*resource map*’, where you source information to help complete the task
* Self-check how you are progressing with task – for example, use checklist of stages reached, take a test and get somebody to ask you about what you have done

# 2. Observations about Implementing the Strategies.

# 3. Additional Motivational Strategies that might be Useful