Willpower 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

* Identify and secure suitable study space or space where task can be accomplished
* Set aside times to address task
* Identify rules for engaging with social media, music and friends during study period (e.g. turn off wi-fi while completing project if the project does not require wi-fi)
* Make list of people or sources you will consult if the task becomes challenging

# 2. Observations about Implementing the Strategies.

# 3. Additional willpower Strategies that might be Useful