

*Self-regulated learning is an important component of learning for college students. Students can learn how to become self-regulated learners, and faculty can foster self-regulated learning in their classrooms.*

## Understanding Self-Regulated Learning

*Paul R. Pintrich*

This volume of *New Directions for Teaching and Learning* focuses on self-regulated learning for college students. The term *self-regulated learning* refers to a fairly new construct in research on college student learning, but it has very important implications for both students and faculty. The chapters in this volume provide an overview of current research on self-regulated learning as it applies to postsecondary education. My goal in this chapter is to introduce and define the construct of self-regulated learning. In addition, I discuss why self-regulated learning is important to college students and faculty and what can be done to improve self-regulated learning. In this way, I foreshadow many of the issues addressed in the following chapters, thereby providing an organizational framework for the reader.

### **What Is Self-Regulated Learning?**

The term *self-regulated learning* may sound somewhat foreign to many readers' ears, but most faculty members recognize a self-regulated learner when they encounter one in a class. The following examples describe both students who are good self-regulating learners and students who have difficulties regulating their own learning. I think that after looking at these examples most readers will recall their own experiences with the two types of learners.

**Tom, Who Keeps Up with Assignments.** Tom is a first-year student at a community college. He also works part-time to help pay for his tuition. He is very organized and uses a schedule book to keep track of his work and course schedule. He may miss class occasionally because he was working late the night before, but he always gets the notes from other students and talks to the faculty member about what he missed in class. He keeps track of his course assignments in his notebooks and always turns in his work on time. His grades

# Understanding Self Regulated Learning

**AW Rasmussen**



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