



# **Self-Regulated Learning for Academic Success: How do I help students manage their thoughts, behaviors, and emotions? (ASCD Arias)**

*Carrie Germeroth, Crystal Day-Hess*

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# Self-Regulated Learning for Academic Success: How do I help students manage their thoughts, behaviors, and emotions? (ASCD Arias)

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Just as all teachers know what it's like to teach students who struggle to set goals, follow rules, stay on task, and stay motivated, all teachers can recognize students who are able to self-regulate. They are the ones who approach challenge with confidence, plan their learning tactics, maintain focus, work well with peers, monitor their progress, seek help when they need it, and adjust their approach for next time. They are the ones who succeed in school. Fortunately, self-regulated learning can be taught—in every content area and at every grade level, from preK through high school. In this resource, Carrie Germeroth and Crystal Day-Hess of Mid-continent Research for Education and Learning (McREL) present instructional strategies and specific ideas you can implement in your classroom today to put all your students on the path to positive, empowered learning and greater academic success.

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