



## Self-Regulation Strategies for Online Learners

### Overview

Self-regulation is an essential skill for all learners, in any environment. Those who are online learners face a host of challenges unique to the environment in which they are learning, as well as real opportunities for growth and independence. Attendees to this course will participate in discussion of this topic, will learn four key strategies that can be employed to support students self-regulation efforts, and will define a strategy for implementing one of the four in their classroom in a structured manner. Educators of all grade levels and ages will walk away with strategies they can use right away.

### Agenda

0:00 – 0:05 **Welcome**

Introductions, Meeting Controls, Learning Targets

(5-minute duration)

0:05 - 0:020 **What is Self-Regulation? How are Self-Regulation, Stress, and the Brain Connected?**

Shifting Mindsets and Perspectives

(15-minute duration)

0:20 - 0:40 **How Do We Use Student Self Control to Grow Self-Regulation?**

Four Strategies for Supporting Student Self-Regulation

(20-minute duration)

0:40 - 0:50 **Which Tools Will You Try First?**

Deciding Which Technique to Implement First and Tying it All Together

(10-minute duration)

0:50 – 0:60 **Closing Questions and Answers**

(10-minute duration)

### Resources

- <https://education.microsoft.com/en-us>
- [21<sup>st</sup> Century Learning Design: Self-Regulation](#)