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Chapter 1

### Self-regulated learning: where we are today

Monique Boekaerts  

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#### Abstract

Self-regulated learning has emerged as an important new construct in education. Our understanding of self-regulated learning has been informed by three schools of thought: (1) research on learning styles, (2) research on metacognition and regulation styles, and (3) theories of the self, including goal-directed behavior. Based on these schools of thought, a three-layer model is presented. The innermost layer pertains to regulation of the processing modes. The middle layer represents regulation of the learning process. The outermost layer concerns regulation of the self. Educators and researchers would benefit from an integration of these three frames of reference into a comprehensive model of self-regulated learning.



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**Monique Boekaerts** is Professor of Educational Psychology at Leiden University (The Netherlands) and chairs the Research Committee of the Faculty of Social Sciences. She has written over 100 scientific articles and book chapters. As a principle investigator, she is supervising a national school reform program in vocational schools. Her main field of interest is self-regulated learning with a focus on motivation, volitional control, coping with stress, and soliciting social support. She is President of the European Association of Learning and Instruction (EARLI). Alexander Minnaert is assistant professor at Leiden University. His research focus is on self-regulated learning, motivation and assessment.

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