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Chapter 1

Self-regulated learning: where we are today

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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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