

## Defining Self-Regulation

**Self-Regulation: A proactive, self-directed process for attaining goals, learning skills, managing emotional reactions, and accomplishing tasks.**

Discuss what self-regulation means, using the prompts below to help consider each part of the definition. Write your answers in the spaces provided; be prepared to share with the class.

What does “proactive” mean? What are some examples of approaching a situation proactively?

What does “self-directed” mean? What does it look like when it’s happening? What are some self-directed efforts you’ve made recently?

What does “process” mean in this context? Why is this an essential piece of self-regulation?

What does “attaining” mean? How does this look? Do you have to attain your goal to be successful in self-regulation?

Rewrite the definition of self-regulation in your own words.