

Is This Self-Regulation?

Read each scenario in the table below and decide whether the person is demonstrating self-regulation and why or why not. Be as specific as possible about how it does or does not fit the definition of self-regulation when writing your answer for the third column (e.g., in the example below, the action is not self-directed).

Scenario	Is it self-regulation (yes or no)?	Why or why not?
<i>Example: Your mom sets a timer and tells you to work on your homework until the timer goes off.</i>	No	It is not self-directed ; the student's mom is driving the effort, not the student
1. You realize that you forgot to study for a test, so you cram five minutes before it starts.		
2. You have a big project that will be due in one month. Your friend says that she's not going to worry about it until next week, so you decide to do the same.		
3. You write down the homework you need to complete and check it off your list as you finish it.		