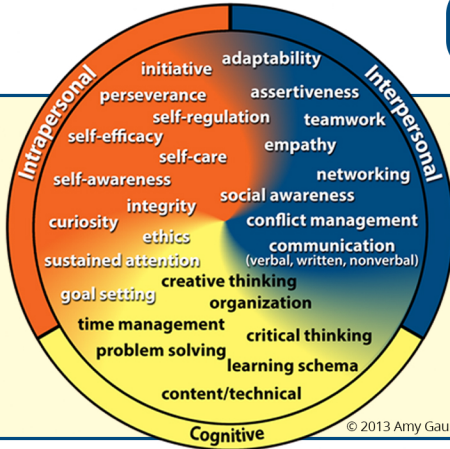


# SELF-REGULATION



The **College and Career Competency Framework**, developed by Drs. Gaumer Erickson and Noonan at the University of Kansas, supports educators and families in developing resilient learners who collaborate to expand skills, express their wants and needs respectfully, and apply strategies to self-regulate and persevere. Visit [www.CCCFramework.org](http://www.CCCFramework.org) to learn more about College and Career Competencies.

## STUDENT IMPACTS

Teachers providing **self-regulation** instruction and classroom practice observe student growth, including:

- Improved student responsibility
- Improved ability to set realistic goals, monitor progress, and evaluate results
- Increased reflection on successes and areas for improvement
- Increased sense of control and awareness of their academics
- Improved understanding of the relationship between actions and progress

Research in **elementary** and **secondary** education identifies proven student impacts from teaching **self-regulation**.

- Learning **self-regulation** strategies increases students' academic performance, especially if students are taught when, why, and how they should use certain strategies (Theobald, 2021).
- Students who **self-regulate** earn better grades and higher scores on standardized assessments (Hattie & Zierer, 2018).
- By receiving explicit instruction in **self-regulation**, students can better regulate their emotions, leading to decreases in negative internalizing and externalizing behaviors (Finlon et al., 2015).
- Students who use **self-regulation** recognize more ways to sustain their attention, allowing them to resist common distractions and show more resilience when faced with challenges (Mrazek et al., 2018).

## DEFINITION

**Self-regulation** is a proactive, self-directed process for attaining goals, learning skills,

managing emotional reactions, and accomplishing tasks (Noonan & Gaumer Erickson, 2022).

Students use **self-regulation** strategies to increase their independence.



## RESOURCES

- **Instructional Activities** for teaching **self-regulation** strategies K-12
- **Teacher Testimonial Videos** for implementing **self-regulation**
- **Family Guidance** for building **self-regulation** in the home
- Measure student growth in **self-regulation** at [www.CCCStudent.org](http://www.CCCStudent.org)

