

Regulate Even Better (Secondary)

Think about a goal that you have successfully achieved. It could be turning homework in on time, improving your free throw percentage, or getting your learner's permit. Self-Regulation Strategies likely helped you meet that goal. It's important to think about **how you self-regulated to meet a goal**, using the strategy **regulate even better**.

Think about the entire process of self-regulation. What did you do that helped you meet your goal? When you determine the things that went well and then reflect on the challenges you experienced, you can use that information the next time you need to **regulate even better**.

When I start planning to learn something new, I use the strategy **regulate even better** to think about the strategies I do well and the strategies that I find challenging. The easiest part of self-regulation for me is **breaking it down**. I always start by breaking a big task into smaller pieces. I'm good at understanding how to get started on a goal I want to achieve.

The hardest part of self-regulation for me is **predicting obstacles**. I forget to think through all of the things that could go wrong and what I will do when I experience obstacles, and that usually derails my plan. I know that if I remember to **predict obstacles**, I'll be ready to overcome them.

In my art class, I had to draw a futuristic city. I immediately saw how I could use the strategy **break it down** to focus on one part of the project at a time: skyscrapers, homes, parks, and transportation. I was excited to get started. Then I remembered to use the strategy **regulate even better**. While working on my last art project, I had forgotten to **predict obstacles**. When an obstacle occurred, I had a hard time finishing that project by the due date. When thinking about my future city, I couldn't think of any obstacles that might keep me from finishing. I asked my friend, who pointed out that I hadn't considered the major assignments due in other classes. I was so excited about drawing a future city that it would be easy for me to work on that without thinking about my other assignments. Thanks to my friend, I **predicted the obstacle** of finding time to work on everything during the week and was able to stay on track.

Now that you've used self-regulation to reach a goal, use the strategy **regulate even better**. By reflecting on what you find easy and difficult, you will improve your ability to self-regulate.