

<name>

Honors Geometry

<date>

Self-Regulated Learner & Self-Efficacy

Page: n/a

Self

I AM* responsible for my learning

Not parents

Not teacher

I AM*

Regulated

Regulate – Monitor } ... toward a goal
Adjust }

Learner

More than “gaining knowledge” or memorizing

Understanding

Making connections – “AHA!!”

“Constructing” knowledge

Self-Efficacy

My confidence in my **ability** to do a specific thing.

NOT* self-esteem (self-worth)

Use of self-
efficacy

Can tell me if I need to study more.

Self-Efficacy
Rating

Guess at score: what do I think I’ll get on the quiz/test?

Example: 20 pt quiz

Score guess: 18

SE rating:

Example: 50 pt test

Score guess: 49

SE rating: 49