



Welcome!

Self-Regulated Learner (SRL)

I am Responsible

NOT
MOM or Dad
or Teacher

Monitor

Goal

Adjust

Gain knowledge

Comfortable
w/ being

Uncomfortable

Willing to be
pushed

Making connections
w/ knowledge,
experience

Self-Efficacy (objective)

~~Self-esteem~~

(subjective)

My confidence in how
well I can do _____

Meta-cognitive

thinking
about
your
thinking