Module Home

**Outline­**

**SOS**:

Helping Students Become Independent Learners

* Module Description: This module describes how teachers can help students stay on task by learning to regulate their behavior. The four strategies discussed are self-monitoring, self-instruction, goal-setting, and self-reinforcement (est. completion time: 1.5 hours).

Challenge

* Video: Ms. Torri, a middle school math teacher, loves her job.…

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Initial Thoughts

* Why do you suppose Zach and Alexandra can’t stay on task and are so easily distracted?
* What might Ms. Torri consider to help her students stay on task and also help her regain some lost instructional time?
* What techniques will help Alexandra and Zach become independent learners, and how can they gain those skills?

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Perspectives & Resources

* Module Objectives
* Understand self-regulation techniques
* Know when and where it is appropriate to use self-regulation strategies
* List and describe four major types of self-regulation strategies
* Describe the steps used to implement each of these self-regulation strategies

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* Page 1: Self-Directed versus Teacher-Directed Strategies
* There are many ways to manage student behavior….
* Steps/Self-directed/Teacher-directed [table]
* Steps/Self-directed/Teacher-directed [table]
* Benefits of Self-Directed Behavior Strategies
	+ Benefits for Students

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* Page 2: Self-Regulation
* Two of Ms. Torri’s students, Alexandra and Zach, have…
* Benefits for Students
* Benefits for Teachers
* Benefits for Students with Disabilities
* Audio: Tom Lovitt, Professor Emeritus from the University of…
* The teacher’s role is to… [bullet points]
* Four major types of self-regulation strategies are… [bullet points]

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* Page 3: Guidelines for Use: Who, What, When, Where, and Why?
* Who?/What?/When?/Where?/Why? [table]
* Here are some questions for teachers to ask themselves… [bullet points]
* Below are some sample situations… [bullet points]
	+ John
	+ Sam
* Activity

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* Page 4: Self-Monitoring
* Self-monitoring is a strategy that teaches students to self-assess their…
* Benefits for All Students
* Benefits for Students with Disabilities
* Steps in Self-Monitoring
	+ Step 1: Select a Behavior to Self-Monitor [drop-down menu]
		- Link: For Your Information
	+ Step 2: Collect Baseline Data [drop-down menu]
		- Keep in Mind
	+ Step 3: Obtain Willing Cooperation
	+ Step 4: Teach Self-Monitoring Procedures
		- Link: Show example tally sheet [drop-down menu]
		- For Your Information
	+ Step 5: Monitor Independent Performance
* Video: Click on the movie below to see how Ms. Torri implements SMA…
* Activity

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* Page 5: Self-Instruction
* Another strategy associated with self-regulation is self-instruction
* Audio: Listen to Dr. Reid explain why a teacher would want to teach…
* The Advantages of Self-Instruction
	+ When using self-regulation, teachers may find it… [bullet points]
	+ Type of Self-instruction/Purpose/Example [table]
		- Audio: Example of a problem
		- Audio: Example of focusing attention/planning
		- Audio: Example of strategy
		- Audio: Example of self-evaluation
		- Audio: Example of coping
		- Audio: Example of self-reinforcement
	+ Audio: Karen Harris discusses self-instruction for children with...
	+ Audio: Karen Harris tells a story about a young student with…
* Self-Instruction Steps
	+ Steps in Self-Instruction [table]
		- Discuss the importance of what we say… [drop-down menu]
		- Develop appropriate self-statements [drop-down menu]
			* Keep in Mind
			* Getting started/Staying on task/Coping with… [table]
		- Model and discuss how and when to… [drop-down menu]
		- Practice the use of self-statements [drop-down menu]
			* Keep in Mind
		- Keep in Mind
		- Activity
			* Link: Click for one possibility [drop-down menu]
			* Link: Click for one possibility [drop-down menu]
			* Link: Click for one possibility [drop-down menu]
			* Link: Click for one possibility [drop-down menu]

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* Page 6: Goal-Setting
* One powerful self-regulation strategy is goal-setting….
* Benefits for Teachers & Students
* Step 1: Choose an Appropriate Goal
	+ There are two things to keep in mind when… [bullet points]
* Step 2: Determine a Timeline
* Step 3: Establish Progress Monitoring

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* Page 7: Self-Reinforcement
* Have you ever given yourself a reward when you accomplished…
* Benefits for Students
* Step 1: Set a Goal for Receiving Rewards
* Step 2: Select a Reinforcer
* Step 3: Determine Student Evaluation Procedures
* Step 4: Administer the Reinforcer
* For Your Information

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* Page 8: Multiplying Success
* Now that you’ve learned about self-regulation strategies…
* Video: Click on the movie below to learn more tips for…
* As we mentioned in the movie… [bullet points]
* Student Outcomes
	+ Audio: Listen as Torri Lienemann, a researcher from…
	+ Audio: Listen as Sabre discusses ways self-regulation has…
	+ These four life management skills may carry over… [bullet points]
	+ Audio: Listen to Karen Harris explain how these strategies…
	+ Audio: Listen as Sabre’s mom, Amy, discusses how his learning…

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* Page 9: References & Additional Resources
* Suggested module citation
* References
* Additional Resources
* Page 10: Credits
* Content Expert
* Module Developers
* Module Production Team
* Media

Wrap Up

* Summary of the module
* Core Value/Definition [table]
* Link: TIES Center: Core Values [web page]
* Revisit your Initial Thoughts responses

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Assessment

* Take some time now to answer the following questions.

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You Have Completed This Module

* Give Us Your Feedback
	+ Link: Module Feedback Form
* Professional Development Hours
	+ Link: IRIS PD Options
* Related Resources [link]