

Self-Regulated Strategy Development (SRSD)

Overview

SRSD is a scientifically validated framework for explicitly teaching learning strategies to students. Within this framework, teachers also provide explicit instruction on self-regulation strategies, helping students to learn self-monitoring, self-instruction, goal-setting, and self-reinforcement.

Procedures

- ★ **Develop Background Knowledge**
 - Identify the requisite skills students will need to use a particular strategy
 - Assess whether the students possess these skills
 - Help students develop the necessary skills (e.g., vocabulary) they may need to learn the academic and self-regulation strategies
- ★ **Discuss the Strategy**
 - Help the students to understand the benefits of using a strategy
 - Teach the students how and when to use a particular strategy
 - Emphasize the importance of student effort, motivation, and self-instruction
 - Explain to the students that once they learn a strategy, they can use it during different kinds of activities and in different situations
 - Describe ways to self-monitor
- ★ **Model the Strategy**
 - Expose the students to the thought processes used by skilled learners while performing the task
 - Show the students how to perform the steps in a strategy
 - Explain the reasons the steps in a strategy are necessary
- ★ **Memorize the Strategy**
 - Require the students to learn the steps of the strategy and what action is performed during each step
 - Encourage the students to become fluent in the steps of a strategy so that they can use them without having to stop and think about what step comes next
- ★ **Support the Strategy**
 - Collaboratively use the writing and self-regulation strategies with students
 - Use strategy charts and graphic organizers
 - Make sure students work toward attaining their initial goals
 - Increase students' goals gradually until their final goals have been reached
 - Offer constructive feedback guidance and positive reinforcement
 - "Fade" (or modulate) support based on students' individual needs
 - Discuss with students ways to maintain, or continue to use, the strategy
 - Support students so that they are able to use the strategy in other settings
- ★ **Establish Independent Practice**
 - Monitor and support student performance, as needed

- Incorporate activities into lesson plans to allow students to maintain and generalize their new writing strategy skills in various settings and across several tasks

To learn more about self-regulation strategies, we encourage you to view the IRIS Module:

SRSD: Using Learning Strategies to Enhance Student Learning