While there is no magic combination of “yes” responses that will absolutely predict success in an online learning environment, this checklist may be a helpful predictor of your current self-regulated learning skills. High self-regulated learning skills have consistently correlated with successful learning experiences in traditional classrooms, but are believed to be even more important in an online learning environment. Having more “yes” responses in one category may offset fewer “yes” responses in others.  
If you are not able to say “yes” in many cases, you have the capacity to turn “nos” into “yes’s” if you have the determination.

Goal Setting
1. I set standards for my assignments in online courses. .................................................................
2. I set short-term (daily or weekly) goals as well as long-term goals (monthly or for the semester) .................................................................
3. I keep a high standard for my learning in my online courses. .................................................................
4. I set goals to help me manage studying time for my online courses .................................................................
5. I don’t compromise the quality of my work because it is online. .................................................................

Environment Structuring
6. I choose the location where I study to avoid too much distraction .................................................................
7. I find a comfortable place to study. ................................................................................................................
8. I know where I can study most efficiently for online courses. ................................................................................
9. I choose a time with few distractions for studying for my online courses. ........................................................................

Task Strategies
10. I try to take more thorough notes for my online courses because notes are even more important for learning online than in a regular classroom. .................................................................................................................................
11. I read aloud instructional materials posted online to fight against distractions. .................................................................................................................................
12. I prepare my questions before joining in the chat room and discussion. .................................................................................................................................
13. I work extra problems in my online courses in addition to the assigned ones to master the course content. .................................................................................................

Time Management
14. I allocate extra study time for my online courses because I know it is time-demanding. .................................................................
15. I try to schedule the same time every day or every week to study for my online courses, and I observe the schedule. .................................................................
16. Although we don’t have to attend daily classes, I still try to distribute my study time evenly across days. .................................................................................................

Help Seeking
17. I find someone who is knowledgeable in course content so that I can consult with him or her when I need help. .................................................................................................
18. I share my problems with my classmates online so we know what we are struggling with and how to solve our problems. .................................................................................................
19. If needed, I try to meet my classmates face-to-face. .................................................................................................
20. I am persistent in getting help from the instructor through e-mail. .................................................................................................

Self Evaluation
21. I summarize my learning in online courses to examine my understanding of what I have learned. .................................................................................................
22. I ask myself a lot of questions about the course material when studying for an online course. .................................................................................................
23. I communicate with my classmates to find out how I am doing in my online classes. .................................................................................................
24. I communicate with my classmates to find out what I am learning that is different from what they are learning. .................................................................................................

TOTAL:  

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