

SELF-REGULATED LEARNING

How do you know online learning is right for you?

To help determine your level of comfort with online learning, take our informal self-evaluation.

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 “no’s” into “yes’s” if you have the determination.

	Yes	No
Goal-Setting		
1. I set standards for my assignments in online courses.....	<input type="checkbox"/>	<input type="checkbox"/>
2. I set short-term (daily or weekly) goals as well as long-term goals (monthly or for the semester).....	<input type="checkbox"/>	<input type="checkbox"/>
3. I keep a high standard for my learning in my online courses.....	<input type="checkbox"/>	<input type="checkbox"/>
4. I set goals to help me manage studying time for my online courses.....	<input type="checkbox"/>	<input type="checkbox"/>
5. I don't compromise the quality of my work because it is online.	<input type="checkbox"/>	<input type="checkbox"/>
Environment Structuring		
6. I choose the location where I study to avoid too much distraction.	<input type="checkbox"/>	<input type="checkbox"/>
7. I find a comfortable place to study.....	<input type="checkbox"/>	<input type="checkbox"/>
8. I know where I can study most efficiently for online courses.....	<input type="checkbox"/>	<input type="checkbox"/>
9. I choose a time with few distractions for studying for my online courses.....	<input type="checkbox"/>	<input type="checkbox"/>
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.	<input type="checkbox"/>	<input type="checkbox"/>
11. I read aloud instructional materials posted online to fight against distractions.	<input type="checkbox"/>	<input type="checkbox"/>
12. I prepare my questions before joining in the chat room and discussion.	<input type="checkbox"/>	<input type="checkbox"/>
13. I work extra problems in my online courses in addition to the assigned ones to master the course content.	<input type="checkbox"/>	<input type="checkbox"/>
Time Management		
14. I allocate extra study time for my online courses because I know it is time-demanding.	<input type="checkbox"/>	<input type="checkbox"/>
15. I try to schedule the same time every day or every week to study for my online courses, and I observe the schedule.....	<input type="checkbox"/>	<input type="checkbox"/>
16. Although we don't have to attend daily classes, I still try to distribute my study time evenly across days.....	<input type="checkbox"/>	<input type="checkbox"/>
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.	<input type="checkbox"/>	<input type="checkbox"/>
18. I share my problems with my classmates online so we know what we are struggling with and how to solve our problems.....	<input type="checkbox"/>	<input type="checkbox"/>
19. If needed, I try to meet my classmates face-to-face.	<input type="checkbox"/>	<input type="checkbox"/>
20. I am persistent in getting help from the instructor through e-mail.....	<input type="checkbox"/>	<input type="checkbox"/>
Self Evaluation		
21. I summarize my learning in online courses to examine my understanding of what I have learned.....	<input type="checkbox"/>	<input type="checkbox"/>
22. I ask myself a lot of questions about the course material when studying for an online course.	<input type="checkbox"/>	<input type="checkbox"/>
23. I communicate with my classmates to find out how I am doing in my online classes.	<input type="checkbox"/>	<input type="checkbox"/>
24. I communicate with my classmates to find out what I am learning that is different from what they are learning.	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL:	<input type="checkbox"/>	<input type="checkbox"/>