

Self-Regulated Learning Strategies Survey

UNC Charlotte Student 800 Number: _____ **Date:** _____

Gender: _____ **Age:** _____ **Ethnicity:** _____

Current Level (circle one): Freshman Sophomore Junior Senior

Notes: Please choose the frequency that you use the following strategies.

1	2	3	4	5
Not at all	seldom	sometimes	often	All the time

Self Regulated Learning Strategies					
1. Evaluate the quality or progress of your work (class projects or homework).	1	2	3	4	5
2. Rearrange the instructional materials (e.g., textbook) to facilitate your understanding of the course materials.	1	2	3	4	5
3. Plan for sequencing, timing, and completing activities so that you can achieve your goal.	1	2	3	4	5
4. Secure further information from nonsocial sources (e.g., internet or library).	1	2	3	4	5
5. Take notes in class.	1	2	3	4	5
6. Keep a record of your progress in class.	1	2	3	4	5
7. Select or arrange the physical setting to make learning easier.	1	2	3	4	5
8. Help yourself focus on what you are learning when you cannot change the physical setting.	1	2	3	4	5
9. Memorize the instructional materials by overt or covert practice.	1	2	3	4	5
10. Solicit help from social sources (e.g., teacher and peers).	1	2	3	4	5
11. Reread notes or textbook.	1	2	3	4	5
12. Reward yourself for success.	1	2	3	4	5
13. Punish yourself for failure.	1	2	3	4	5