# 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.

<table>
<thead>
<tr>
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<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Not at all</td>
<td>seldom</td>
<td>sometimes</td>
<td>often</td>
<td>All the time</td>
</tr>
</tbody>
</table>

## Self Regulated Learning Strategies

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