

What's the Buzz? Infographic

Buzzwords in Education Explained

Dive in! Examine popular teaching approaches. Discover how to apply the strategy and eliminate misconceptions about these trending buzzwords.

SELF-REGULATION

The ability to monitor, understand, and manage personal behavior to reach a particular goal. The success of self-regulation is impacted by biology, skills, motivation, support, and the environment.

WHEN TO USE IT?

In any course and at any time! Make your expectations for self-regulation clear, and model appropriate practices. Incorporate self-regulation skills into course content.

HOW TO USE IT?

Help students understand they can impact their goals by working at how they learn, being aware of their emotional and cognitive responses to internal and external stimuli, and making use of supports (e.g., instructor feedback, learning centers). With work, learners can reach their goals and become more motivated to achieve them!

WHY USE IT?

Self-regulation promotes success and well-being, now and in the future, in any discipline and setting.