Zimmerman’s Model of Self-Regulation

GOAL SETTING

- Goal setting and reflection were modeled for students.
- Short-term and long-term goals were taught using scripts to explicitly model the purpose and use of goal setting within a semester long project.
- Students had goal setting and reflection sheets in their science learning binder to set daily goals and reflected on those goals at the end of the period.

ACKNOWLEDGMENT

This material is based upon work supported by the National Science Foundation under Grant Number: DRL-1420448. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the National Science Foundation.

REFERENCES