



Self-Regulated Learning: Practical Interventions for Struggling Teens

Norman Brier

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This valuable resource offers a research-based approach for helping youth develop academic self-regulation skills, highlighting the relationship among choice, willpower, and effort. Over 70 interventions are provided to enhance students' self-control and self-discipline in the following areas: Planning--Setting academic goals that are relevant, valuable, interesting and achievable; Problem Solving--Using strategies to attain goals, overcome problems, make adjustments, and get help when necessary; Self-Evaluation--Comparing results of efforts with intentions and attaching meaning to outcomes. The interventions are appropriate for use with individual students and are readily adaptable for small-group and classroom use. The accompanying CD includes all the reproducible questionnaires, checklists, and program forms.

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