Self-assessment list for self-regulated learning

Rate yourself in the right column:

-- : I cannot do this at all
- : I can't do this yet
+ : I can do this
++ : I am good at this

Orientation	
Knowing your personality	
Naming your qualities	
Indicating ideals	
Knowing your preferred learning styles and preferences	
Acknowledging present knowledge	
Naming experiences	
Mapping the learning environment	
Naming cooperation skills	
Planning	
Naming personal learning goals	
Listing course goals	
Constructing SMART goals	
Turning goals into activities	
Using necessary learning tools	
Writing a personal development plan	
Making use of other people	
Creating a timed study planning	
Executing	
Using cognitive learning activities	
Dealing with study-avoiding behaviour	
Staying motivated	
Staying concentrated	
Using critical friends (peers)	
Making use of professors	
Making use of extra study help	
Adjusting study planners	
Evaluating	
Assessing learning results	
Assessing the learning process	
Using Feedback	
Attribution	
Using test tools	
Reflecting	
Reflecting on experiences in your learning process	
Using a reflection model	
Naming essential aspects	
Using the onion model	
Listing alternatives	
Choosing an alternative	
Writing a reflection	

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