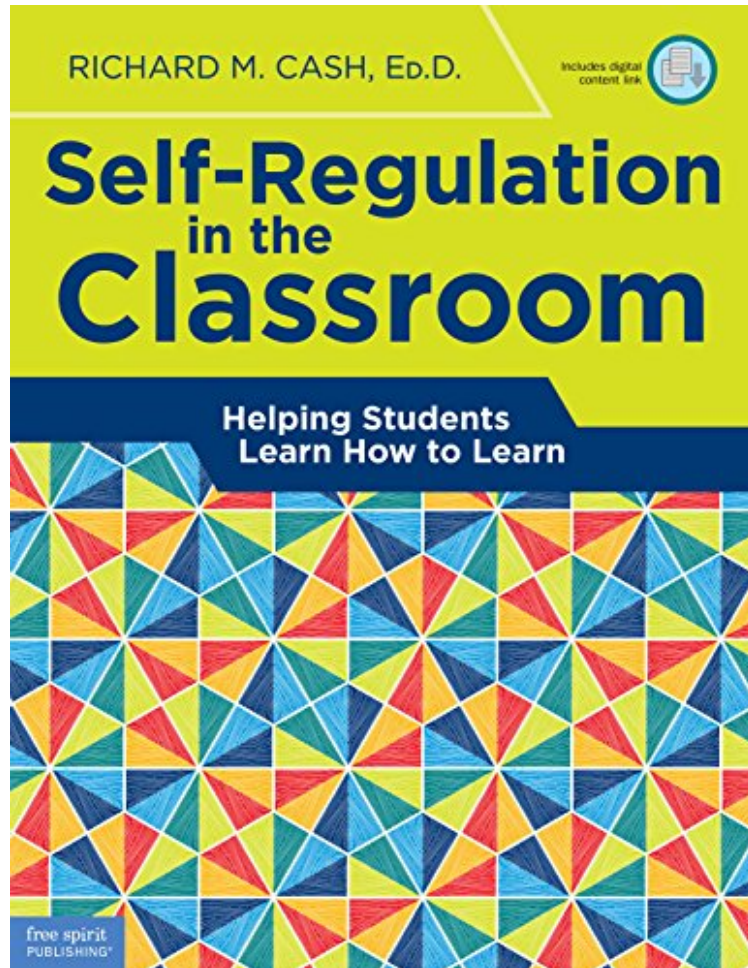


Self-Regulation in the Classroom: Helping Students Learn How to Learn

Richard M. Cash

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Richard M. Cash : Self-Regulation in the Classroom: Helping Students Learn How to Learn before purchasing it in order to gauge whether or not it would be worth my time, and all praised Self-Regulation in the Classroom: Helping Students Learn How to Learn:

0 of 0 people found the following review helpful. Five Stars By Lori B. Very practical hands on ideas based on research. 1 of 1 people found the following review helpful. The chapter that I liked the best was "Setting and Achieving Goals" By Customer This book contains a WEALTH of information to get students to reach their potential by learning to focus, avoid meaningless distractions, use proper thinking tools and maintain a confident attitude. The book is based the self-regulation learning model - affect (feelings), behavior (actions), and cognition (thinking). The stages of SRL (self-regulated learner): originate, intervene, support, and release. There are dozens of charts and lists with very practical help for teachers and students. Examples: 8 Strategies for Avoiding Distractions (Students), and 82 Activities

That Support Emotional Growth in Students. The chapter that I liked the best was "Setting and Achieving Goals". This is a deep, researched based resource that takes time to read, but is very understandable. 0 of 0 people found the following review helpful. A Must Have for Professional Bookshelf! By Snoopy Reader Much has been written about self-regulation and growth mindset. Yet, Dr. Cash's book is filled with resources, strategies, and suggestions that will support all teachers as they nurture their students to become independent and engaged learners. Dr. Cash possesses the keen ability to back practical implementation with key research and theory.

To succeed in school, students need more than subject area knowledge; they must learn how to learn. Self-regulation, an executive functioning skill, describes the ways that students focus attention on achieving success. Self-regulated learners find personal value in learning, develop effective study habits, welcome challenges, seek help, and use failure as a learning tool. This user-friendly guide makes the process of developing self-regulation as easy as ABC: Affect (how you feel), Behavior (what you do), and Cognition (how you think). Teaching students to balance these three elements builds motivation, resilience, and college and career readiness. Digital content includes customizable forms from the book.

“Richard Cash brings his high energy, positive approach to education, providing a road map of how to develop 21st century learners through an empathic understanding of the role of affect, behavior, and cognition. Excellent resource for teachers, psychologists, parents, and administrators.” —Teresa Argo Boatman, Ph.D., psychologist and gifted specialist