



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

*Richard M. Cash Ed.D.*

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
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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**: **A**ffect (how you feel), **B**ehavior (what you do), and **C**ognition (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.

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