Post-Assessment Answer Key

1. Teachers can help students develop self-regulation by:
2. Asking parents to initial all completed homework assignments.
3. Posting a chart in the classroom that shows all students’ progress on major assignments.
4. Providing a work plan that students can use for major assignments.
5. **Asking students to reflect on study strategies they used for a recent test.**
6. Students who use self-regulation strategies in school:
7. **Can avoid distractions**.
8. Never need teacher assistance.
9. Don’t have to study at home.
10. Ignore mistakes.
11. Which of the following statements about self-regulation is **NOT** true?
12. **Self-regulation cannot be taught.**
13. Self-regulation involves goal setting.
14. Self-regulation can predict academic achievement.
15. Self-regulation involves reflection.
16. After getting a lower grade than expected on a test, a student decides to change his studying strategy. This is an example of which component of self-regulation?
17. Planning
18. Monitoring
19. **Controlling**
20. Reflecting

1. After getting a lower grade than expected on a test, a student thinks about all the factors that might have contributed. This is an example of which component of self-regulation?
2. Planning
3. Monitoring
4. Controlling
5. **Reflecting**