***Steelcase Active Learner-Centered (ALC) Academy***

***Self-Regulated Learning (SRL) Session***

Pre-Session Survey

*Please briefly think about and answer the following questions before we begin this session*:

Write what you know about or think when you hear one or more of the following terms: Metacognition, Self-Regulated Learning (SRL)?

What are some ways that you might use to help your students to develop these skills?

How might you assess, and help your students to assess, their SRL skills?

What is at least one thing that you would like to learn more about SRL?