



Information, Data and Media Literacy

Video transcript

3.1 Self-regulated academic learning

Studying is a challenge. Not only is it demanding academically, but also on an emotional and personal level. It can often seem like we're on our own. The time demands get too much for us and difficulties start piling up. Because of this, many students drop out.

In this chapter, we'll take a look at how best to deal with some very common difficulties. We'll see that there are lots of resources available, that we don't have to cope on our own and that equipped with a few simple strategies, we can actually master most of the challenges studying throws up day to day.

Motivation, or rather lack of motivation, often makes studying difficult. But motivation is not simply a single resource that is either available or completely depleted, and without which we can't do anything at all. Motivation is in fact closely linked to our work behavior.

We can think of motivation as the inclination and the drive to learn, to work and to achieve something in our studies. In turn, our work behavior reflects this drive.

Each is dependent on the other. On the one hand they relate to what is going on in our heads – what we think about the university, our subject field, the lecturers and ourselves. At the same time they relate to what we actually do, our effort and resilience, as well as the strategies for maintaining them.

Using the right strategies, we can change our work behavior so it in turn also increases our motivation.

We can also picture this as a circular model. With this model, academic work consists of three steps which are repeated in turn.

Step 1 is planning, step 2 is doing and step 3 is reflecting. Each step has an effect on the following step.

In the planning phase we analyze the task and set goals and smaller intermediate goals.

We then turn these goals into action in the doing phase.

Finally, in the reflection phase we compare the outcome with the goals we set at the start and consider whether we now need to proceed differently, and then plan accordingly.

Each of these phases has its own challenges that we can tackle using different strategies.

We'll learn these strategies in this chapter. We'll see how to manage our time well, how to stay motivated and how to deal with difficult emotions. We'll also learn how to seek out help and how we can resist procrastination, that is to say our tendency to put off important tasks.