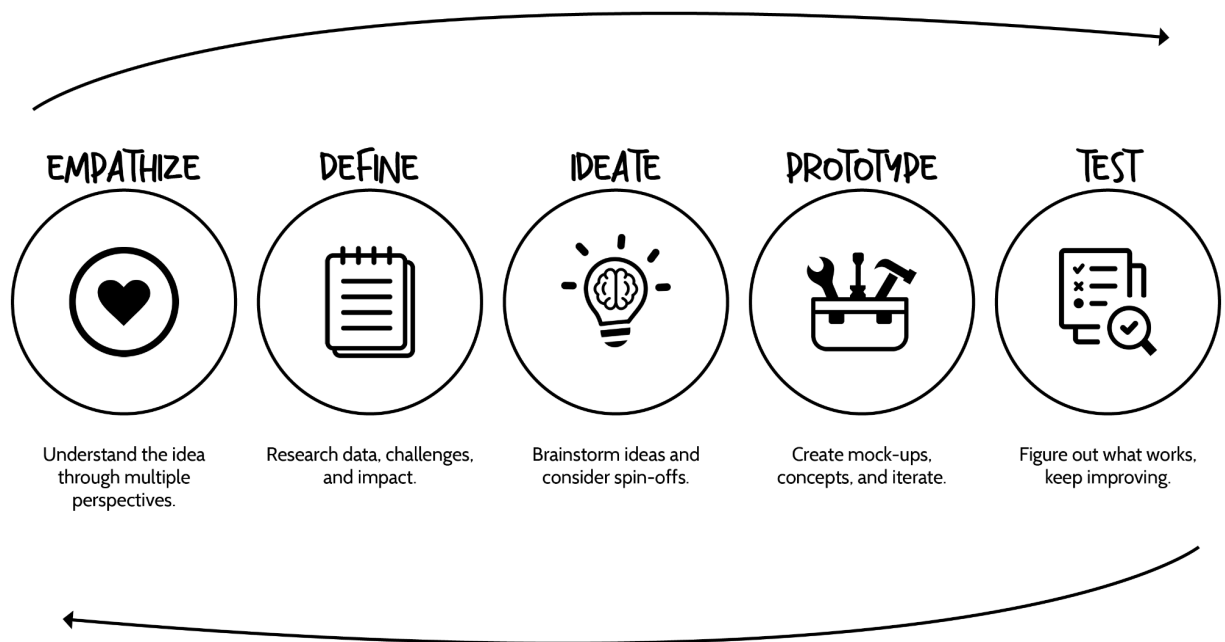# Self-Regulated Learning

Purpose

What do you spend your time doing? In order to accomplish our goals, we need to be aware of a planning process that works for us, allowing us to make strong choices. In this lesson, we'll explore how we can maximize our time, both in being content as well as productive. Our goal is not to turn someone into a workaholic, but help them actualize their dreams and make progress toward greater goals.

Introduction

To start, we're going to examine the design thinking process:

EMPATHIZE

Understand the idea through multiple perspectives.

DEFINE

Research data, challenges, and impact.

IDEATE

Brainstorm ideas and consider spin-offs.

PROTOTYPE

Create mock-ups, concepts, and iterate.

TEST

Figure out what works, keep improving.

The **design thinking process** is a method for thinking about solving problems. We start by identifying a specific challenge, then work our way through each step of the above process. How could this be used? Brainstorm a simple challenge, then note how the design thinking process would be used in each step:

Challenge	
Empathize	
Define	
Ideate	
Prototype	
Test	

Consider This

The **design thinking process** can be used beyond engineering, scientific, and other work-related challenges. It's also a fantastic tool for understanding personal goals. Let's consider a personal goal and challenge it with barriers.

Personal Goal	*This can either be a huge, multi-step goal (such as obtaining a certain job or lifestyle), or a concrete, short-term goal (such as winning a basketball game.)*
Empathize	*Why are you interested in this? What do other people think about it?*
Define	*What do you need to do to improve at this? What steps do you need to take to achieve this?*
Ideate	*What challenges exist to accomplish this goal? How can you overcome them?*
Prototype	*What might a plan look like to accomplish this goal? What could you specifically do?*
Test	*At this point, you'd actually try it! No need to fill out this part for now.*

But what about…?

In planning our personal goals, there are plenty of barriers that challenge our success. Some of these challenges are real and require persistence to overcome them. Others are self-imposed – problems that we put on ourselves that may not be actual problems, or that make us work a lot harder than we should.

Consider each of the following:

Overworking and Burnout

Sometimes we'll focus so much on accomplishing our goals that we overschedule and burn ourselves out. In our pursuit of ensuring that every single moment we're "on" and furthering our objectives, we slowly get less and less interested – and more and more tired – in the thing we were once passionate about.

What can you do to prevent overworking and burnout? Are these just as important as the goal itself?

Time

It's difficult to manage household duties, academics, after school activities, and other daily tasks. The hardest part to any plan is simply getting started. We often *have* time to do our goals, we just lack the commitment or motivation to actually do them. Even if it's just a little bit each day, attempting one's goal is a huge accomplishment.

How can you get started with your personal goal? What commitment can you make?

Resources

Some of our personal goals are difficult to accomplish without additional resources we may not have access to. Part of our plan must be identifying ways to overcome this hurdle.

If your goal requires additional resources, is there a way to obtain those resources without simply earning money? For example, is there a peer or organization you can partner with?

Redirection

When we struggle to get started, or struggle in general with our goal, we may resort to blaming others for our problems. For example, we may say that others aren't helping us, or that we're not able to proceed because we're waiting on someone else to do something. There's almost always another path.

Take it Further

Now, we'll put all of these ideas together! In the following activity, you'll need post-it notes, paper, notecards, or a [Google Jamboard](#).

1. Start by making a list of actionable ideas. These are things you like and/or love to do, as well as things you have to do in a week such as chores or a job. Place these on the left side.

Actionable Ideas:
things you like/love to do, as well as
things you have to do

READING BOOKS	POSTING ON SOCIAL MEDIA	DRAWING
PLAYING VIDEO GAMES	BEING WITH ANIMALS (DOGS, CATS)	STUDYING SPACE
DOING LAUNDRY	DOING DISHES	COOKING
COLLECTING SHOES	PLAYING FOOTBALL	

2. Then, group together ideas that relate to each other.

Actionable Ideas:
things you like/love to do, as well as
things you have to do

|			
READING BOOKS	PLAYING VIDEO GAMES	DRAWING	POSTING ON SOCIAL MEDIA
BEING WITH ANIMALS (DOGS, CATS)		STUDYING SPACE	
DOING LAUNDRY	DOING DISHES	COOKING	
COLLECTING SHOES	PLAYING FOOTBALL		

3. Sort these activities so that ones you like to do are toward the top and those you dislike are toward the bottom.

Actionable Ideas:
things you like/love to do, as well as
things you have to do

DRAWING	POSTING ON SOCIAL MEDIA	
COLLECTING SHOES	PLAYING FOOTBALL	
READING BOOKS	PLAYING VIDEO GAMES	
STUDYING SPACE	BEING WITH ANIMALS (DOGS, CATS)	
COOKING	DOING LAUNDRY	DOING DISHES

4. Add a list of barriers to the right. (This is like what we thought about in "But what about...")

Actionable Ideas:
things you like/love to do, as well as
things you have to do

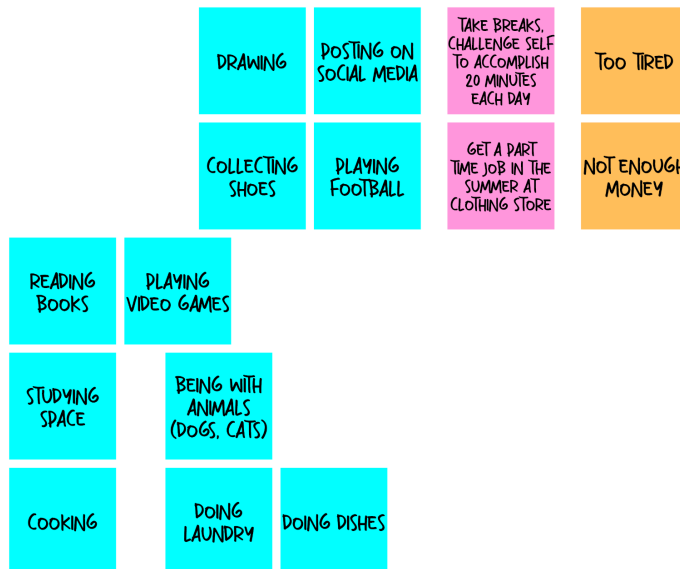**List of Barriers:**
what prevents you from
doing these things?

DRAWING

POSTING ON SOCIAL MEDIA

TOO TIRED

COLLECTING SHOES

PLAYING FOOTBALL

NOT ENOUGH MONEY

READING BOOKS

PLAYING VIDEO GAMES

STUDYING SPACE

BEING WITH ANIMALS (DOGS, CATS)

COOKING

DOING LAUNDRY
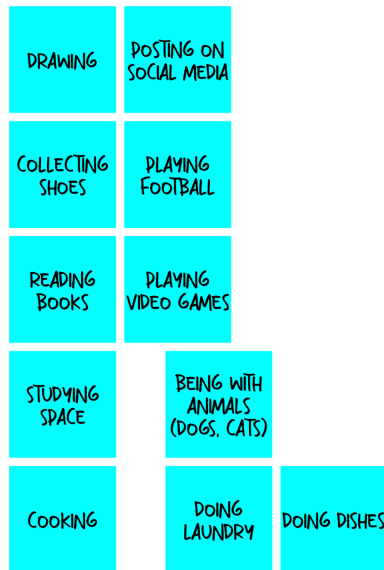
DOING DISHES

5. Now, pair your barriers with specific actionable ideas. Consider what you could do to challenge these barriers. What can you do? Place these challenges in between.

Actionable Ideas:
things you like/love to do, as well as
things you have to do

Challenge:
how can we take steps to
solve these problems?

List of Barriers:
what prevents you from
doing these things?

DRAWING

POSTING ON SOCIAL MEDIA

TAKE BREAKS, CHALLENGE SELF TO ACCOMPLISH 20 MINUTES EACH DAY

TOO TIRED

COLLECTING SHOES

PLAYING FOOTBALL

GET A PART TIME JOB IN THE SUMMER AT CLOTHING STORE

NOT ENOUGH MONEY

READING BOOKS

PLAYING VIDEO GAMES

STUDYING SPACE

BEING WITH ANIMALS (DOGS, CATS)

COOKING

DOING LAUNDRY

DOING DISHES

Consider using this information to start acting on your personal goals!

Reflect

How would you rate your understanding of this concept? *Place an "X" in the corresponding box below.*				
😣	🙁	😐	🙂	😃

How has your understanding of this concept changed as a result of this lesson?

Which individual or community actions could this activity inspire?

What can stop us from achieving our personal goals? What can we do to keep persisting?