

Self-Regulated Learning Strategy Scale

- I am capable of solving most problems, even when an immediate solution is not readily apparent.
- When my attempt to solve a problem is unsuccessful, I typically do not reflect on why the solution failed.
- When generating potential solutions to a problem, I often struggle to produce a wide range of alternatives.
- During class, I often miss key points because my attention is diverted by unrelated thoughts.
- While reading course materials, I generate questions to help guide and focus my reading.
- I manage my study time for this course effectively.
- When I encounter confusion while reading course materials, I revisit the content to clarify my understanding.
- When preparing for this course, I actively identify the concepts that I do not understand well.
- I frequently ask myself questions to monitor my comprehension of the material I am studying.
- Before studying new course content in depth, I often preview the material to understand its structure and organization.
- I adjust my study strategies to align with the specific demands of the course and the instructor's teaching style.
- While studying for this class, I set specific goals to help guide my learning activities during each study session.