

An online learning-to-learn module helps to build post-secondary student capacity for self-regulated learning.



Growth and Goals: *Building Psychological Flexibility Towards Self-regulated Learning*



PRESENTER:
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INTRO

- Successful balance of learning and life expectations (work and personal commitments) requires students to plan, initiate and monitor learning behaviours, and make corrective changes as necessary.
- University degree level expectations identify the need to develop students' ability to "manage their own learning in changing circumstances, both within and outside the discipline."
- Interventions can help students develop self-regulated learning skills through reflect-plan-do cycles, mindfulness, changes in mindset and goal setting.
- Growth and Goals - an open-source online learning module designed to promote self-regulated learning skills in students – self-regulated learning cycle, mindfulness, mindset, and metacognition.

METHODS

Design: Participatory pragmatic evaluation
Population: Post secondary Canadian university students
Measures: focus groups, self-reported inventories, open-response survey questions

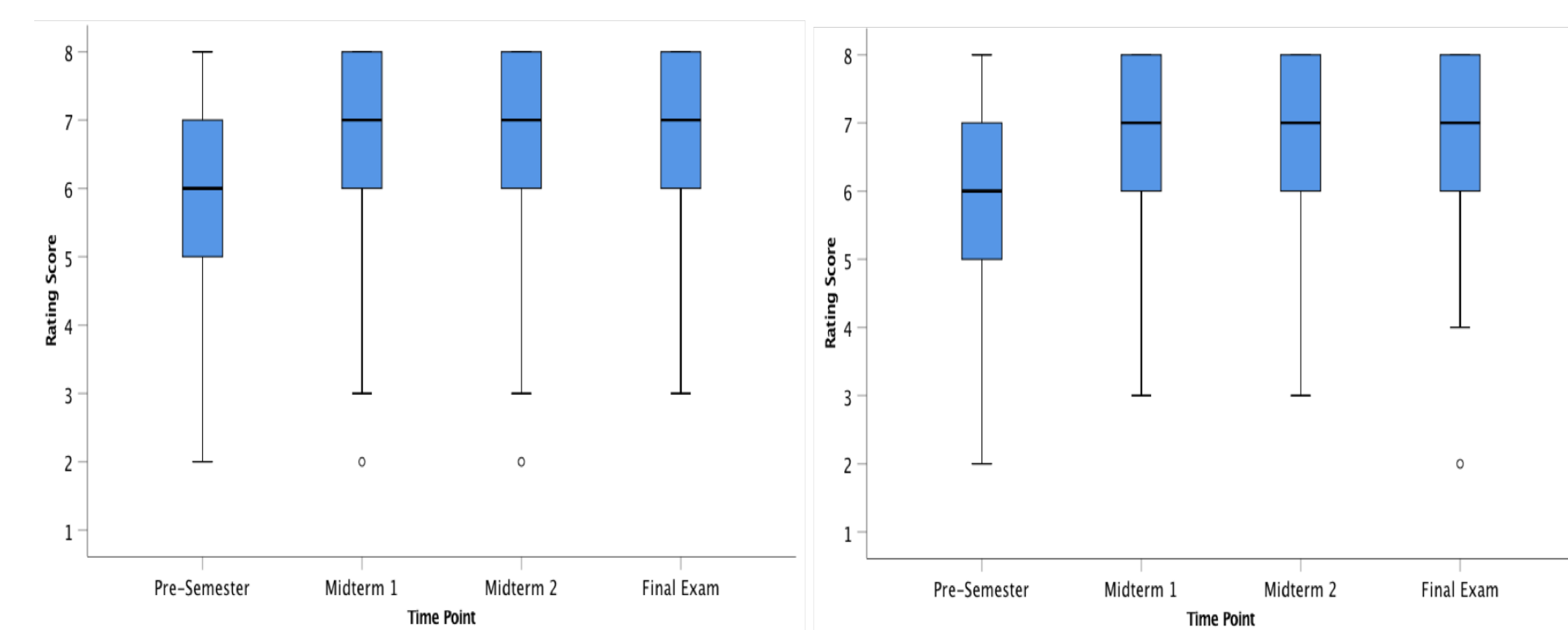
RESULTS

- >2000 students completing module.
- 10 + different courses (STEM, SS, Humanities)
- In engaging with the module...
 - 75% completion rate when given incentive (2%)
 - 82% believe it will improve learning.
 - 79% would recommend to friend.
- Students completing module **activities and inventories** reported:
 - Increase self-efficacy for learning objectives
 - Shift toward growth mindset
 - Improved self-awareness
- In **focus groups**, students reported module as:
 - Transferable to other courses;
 - Worth the effort; and
 - Resilience-promoting
- In relating the module to behavioural principles students Identified strongly with planning and goal setting, new learning strategies, building mindfulness, developing self-awareness of behaviour tendencies and adopting a more self-compassionate perspective through a growth mindset.

DISCUSSION

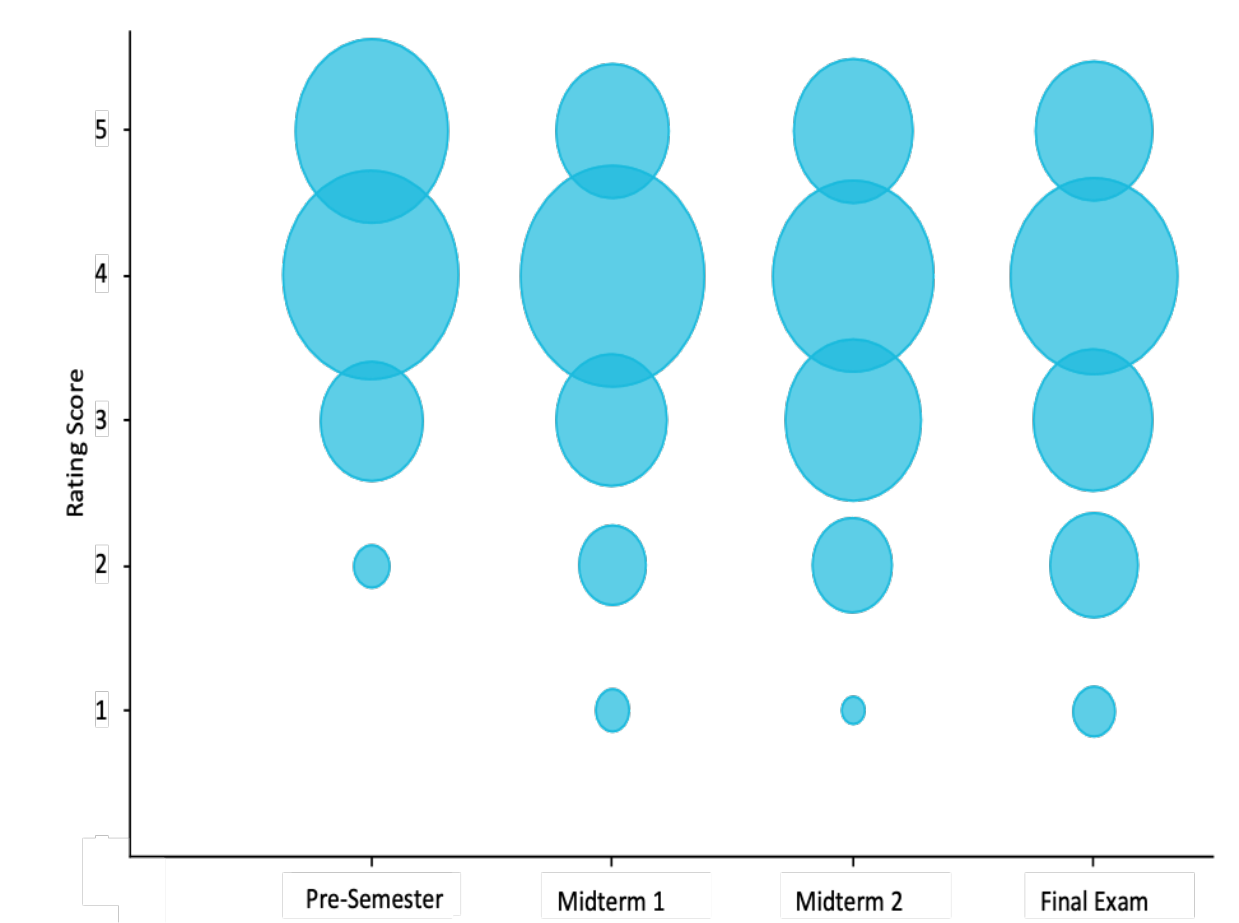
- Student perceptions and evaluation data support the acceptability and utility of the module.
- Further research is needed to examine effects, mechanisms and contexts.

Students report increase in course LO abilities

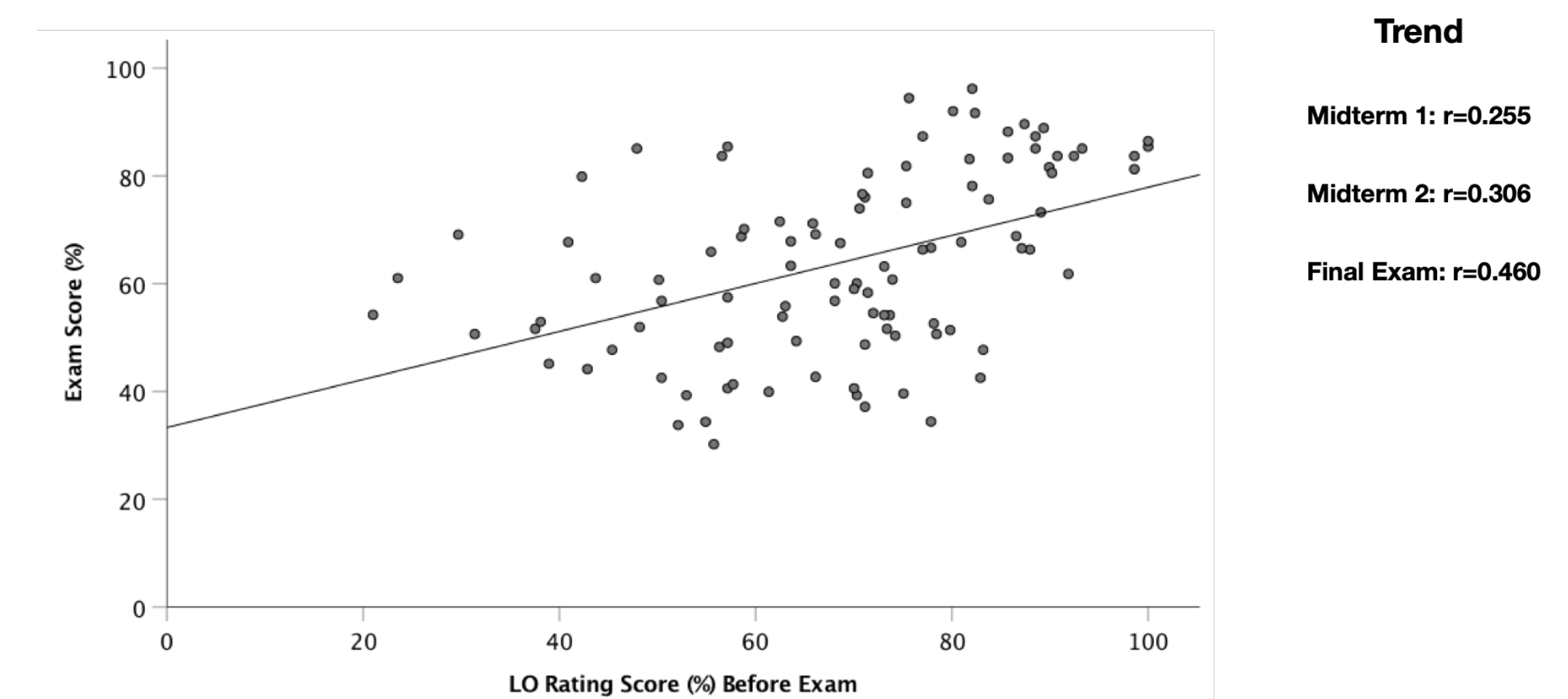


Students shift to growth mindset

I feel smart when I can easily figure out a problem



Self-rating accuracy improves over semester



Focus Group Themes

Transferable

I used it more in other courses than this one, mostly the study techniques, like making a schedule.

Worthwhile

It was hard to write down things I wasn't good at. I'm glad I did, though, because later in the module I made a plan to improve those things.

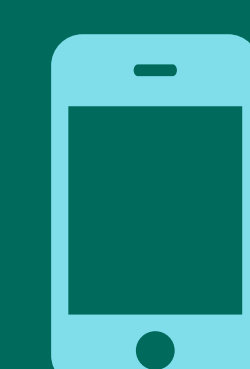
Resilience

I like that a growth mindset makes you realize that it's okay to make a mistake and fix it later on.

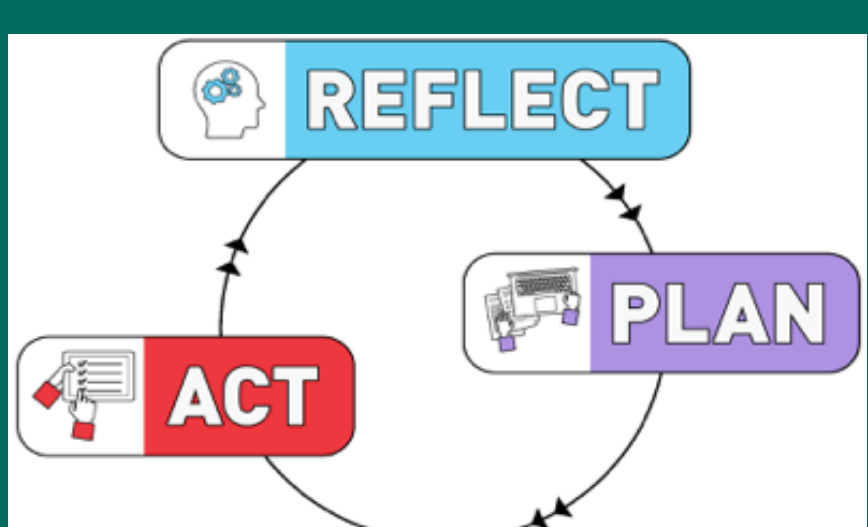
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Take a picture to access the module website



Self-Regulated Learning



Mindful Awareness



Metacognition



Growth Mindset

