

Acquisition of Skill

Fluency of Skill

Generalization of Skill

Competency

Instruction

Guided Practice

Facilitated Practice

Independent Practice with Feedback

Independent Life, College & Career Practice

1 Provide instruction that facilitates **students' understanding** of self-regulation components.

2 Guide students to determine how self-regulation **applies to them personally**. (e.g., in school, relationships, career, college)

3 Facilitate **students' reflection** on their strengths and challenges related to self-regulation.

4 **Students practice** self-regulation, including each component, over time.

5 Provide **feedback to students** throughout their practice of self-regulation.

6 Facilitate **students' reflection** on their development of self-regulation.