

Creating Self-Regulated Learners

By Linda B. Nilson. (2013), 180 pages, ISBN: 1579228674. \$28.95

Subject: How to Be a Better Teacher

Useful for: Provides background and examples relating to helping students learn effectively.

Format: Chapters and an index. Includes some charts.

Reviewer's Comments:

This book is intended to provide advice on how to create activities that will help students to regulate their study and learning habits in an effective manner. According to the author, self-regulation is a broader concept than meta-cognition in that it includes emotional and behavioral control and regulation.

I personally did not find a lot of particularly helpful information in this book. Perhaps part of the reason is that this book is targeted at teaching undergraduates, and includes many examples from teaching in the natural sciences.

The main content in the book is organized to provide information on self-regulating activities relating to reading, watching, and listening; live lectures; meta-assignments; and exams and quizzes. There are a great number of citations to academic studies on the cognitive science of learning as well as references to practical examples of activities.

Finally, I found the tone of this book to be slightly disturbing. The author does not seem to have much respect for the learning habit of her students and that occasionally spills over to what seem like harsh comments as to their character more generally.

Reviewed by: Julie Tedjeske, Duquesne University School of Law, in 2019.