



PH-ELIM training

Concept of Self- Regulation

Self-regulation is based on the key assumption that people desire to control the events that affect their lives (Schunk, 2012).

Self-regulation encompasses **three phases**: forethought, performance control, and self-reflection (Schunk, 2012).

For PH-ELIM trainings, self-reflection will be fostered by the following activities:

1. **Forethought:** Before the training (or at the beginning of the training), participants are asked to describe their previous experiences with the training topic, their motivation to participate, and their personal learning goals. This description should be stated in written form (either before the training as a Moodle activity, or at the beginning of the training). The information should be exchanged between participants and trainers, as it supports getting to know each other better. This exchange can be done e.g. as part of an introduction round at the beginning of the first day.
2. **Performance control:** During the training (e.g. at the end of each days), the participants are asked to shortly reflect on their personal progress in reaching their personal learning objectives. This can be done in a short discussion round between all participants.
3. **Self-Reflection:** At the end of the training (for example, up to two week after the training), participants are asked to deliver a written self-reflection (of 2 – 3 pages) describing their personal learning objectives, learning process and learning outcomes they made in the course as well as the transfer of the new knowledge to their professional life. The instructions for this self-reflection of described in the next section. This written self-reflection is the precondition for obtaining the course certificate and is thus part of the overall assessment (however, we will not grade this self-reflection).

Instruction for self-reflection

You have participated in the training courses in Debrecen. To conclude this training and to gain a course certificate, it is mandatory that you deliver a written self-reflection.

Form: Word document, 2 – 3 pages

Delivery: please upload the document to Moodle.

Deadline: 30. September 2017.

Content: The self-reflection should answer the following questions:

1. Which knowledge did you already have on the training topic before the training?
2. Which was your motivation to participate in the training and what were your personal learning objectives?
3. How was your learning process during the training? Where did you have difficulties, and why? Could you connect the training to knowledge you already had before the training?
4. How did you make progress towards your personal learning objectives during the training? Did you reach your learning objectives at the end? If not, why not?
5. How do you want to apply what you have learned to your professional context? Can you make use of the new knowledge that you have obtained?
6. Do you plan to pursue further trainings in this area?

References

Schunk, D. H. (2012). *Learning Theories: An Educational Perspective. Sixth Edition* (Ch. 2 – Neuroscience of Learning). Upper Saddle River, NJ: Pearson.