

Self- regulation of Learning among Secondary School Students to Enhance their Performance

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Abstract

Over the recent years, the principle of self-regulated learning is increasing in prominence as growth and change are shifting to learning. Self-regulation is characterized by the trajectory of learners' thoughts, feelings, and behaviors to attain the desired results. The education system should support self-regulation techniques for learners so that they accept responsibility for their learning in the educational system. If educators and curricula designers take this objective into account, a lot of resources and money can be saved. Through a process of negotiation with the learners, educational objectives and goals can be set and met. The educational framework

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