



Autorregulación del Aprendizaje

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Autorregulación



Planificación



Ejecución y control



Evaluación y autorreflexión

**Procesos cognitivos
(Metacognición)**

**Procesos afectivos
y motivacionales**



I. Objetivos

1. ¿Qué tengo que estudiar?

- ✓ Contenidos – Temarios
- ★ Cantidad, extensión y dificultad de contenidos
- ★ Expectativas y autoeficacia

2. ¿Para qué tengo que hacerlo?

- ✓ Tipo de evaluación: control, prueba, examen, disertación, informe, etc.
- ★ Tipo de proceso involucrado

3. ¿Cómo lo haré?

- ✓ Técnica a utilizar
- ★ Dificultad y nivel de interés.



II. Estrategias

5. ¿Dónde lo haré?

- ✓ Lugar de estudio
- ★ Comodidad, ambiente, acústica, orden e iluminación.

4. ¿Cuándo lo haré?

- ✓ Planificación temporal por niveles
- ★ Prioridad, disponibilidad, eficiencia

Cómo estudiar

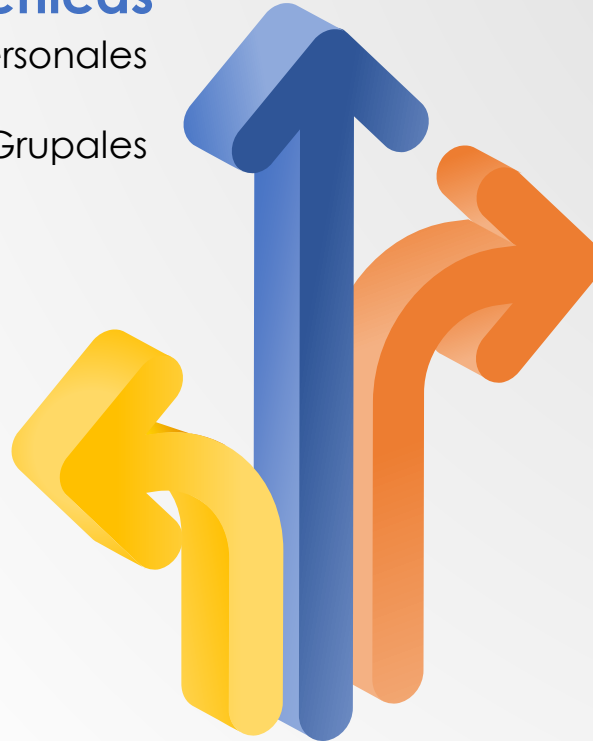
Uso de técnicas

Notas al margen
Subrayado - Destacado
Resúmenes
Esquemas - Mapas
Fichas
Dibujos

← Personales
Grupales

Adaptación de las técnicas

Por asignatura
Por estilo de aprendizaje



Diseño de productos

Para exámenes o pruebas finales

What NBA Stars and Occupy Wall Street Protesters Have in Common
 Source: Paul Frymer and Durian T. Warren, *Baogor Daily News*, November 2, 2011

1 LeBron James is as far as you can get from the 99 percent.

The NBA superstar is paid more than \$16 million a year as a forward for the Miami Heat and has a \$90 million contract with Nike. After his team lost the NBA Finals in June, he told griping fans to go back to the handrum reality of "the real world" and retreated to his recently purchased \$20 million home in South Beach.

3 So James may seem to share nothing with the 99 percent. **2** Occupy Wall Street terms, the vast majority of American workers live in a culture of unabashed greed that has created a historic gulf of income between the richest Americans and everyone else.

4 But he and the 99 percent players have something important in common with the 99 percent: James is an employee of the Miami Heat. Despite his recent tweet hinting that he will try to join the National Football League if the NBA lockout continues, he finds himself, like most Americans, beholden to the owners and managers who control his workplace and industry. If the owners want to lock out the athletes or leave the country in search of greater profits — like American workers whose jobs have disappeared overseas — he is left with few options. He is beholden to team executives who are not always upfront about their revenues and profits, and who are claiming a right to make more money without equitably sharing it with the players who make the huge windfall possible.

5 In the split between NBA players and owners, the players are voicing frustrations that may seem awfully similar to what the Occupy Wall Street protesters are saying. The players are accusing the owners — who keep recording yearly profits as a group while claiming hardship and the need for belt-tightening — of playing by different rules; avoiding public scrutiny; and benefiting from a range of insider deals, bailouts and protections without sharing the profits.

6 At issue in this dispute is whether the league can impose a tighter salary cap on the teams, which would effectively lower the salaries of the players. The other major conflict is over how "basketball-related income" — which includes revenue from the sale of tickets, parking, food at concession stands, player jerseys and broadcast rights — will be split between players and owners. Until now, players got a slight majority of this revenue. This made sense, since it was superstars such as Michael Jordan and Magic Johnson, and now Kobe Bryant and LeBron James, who brought the league to new heights in popularity and profits. The owners, however, say it is unreasonable to maintain high salaries and existing profit margins. They want a 50-50 split of the basketball-related income.

7 The players have remained united and responded angrily to NBA Commissioner David Stern's initial threat of canceling the season. Dwyane Wade, James' teammate and one of the league's biggest stars, yelled at the commissioner in a heated meeting, saying, "You're not pointing your finger at me. I'm not your child." Steve Nash, two-time NBA most valuable player, questioned the owners' representation of their finances, tweeting, "Why are the owners unwilling to negotiate in

Resúmenes

Handwritten notes in a spiral notebook with a yellow pencil.

Destacar

Handwritten notes in a notebook with a pink highlighter.

Comentarios

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Handwritten notes on a spiral notebook with a pink highlighter.

Notas

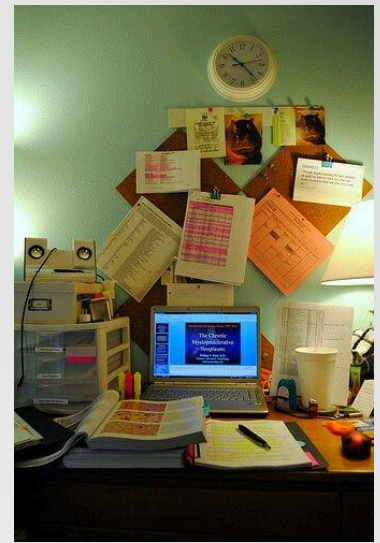
Handwritten notes in a spiral notebook with a pink highlighter.

Handwritten notes on a spiral notebook with a pink highlighter.

Entorno facilitador

Orden
Bien iluminado
Adecuada ventilación
Adecuada Temperatura
Material disponible

estudiar



Dónde

Entorno Perjudicial

Desorden
Mal iluminado
Poca ventilación
Baja o alta Temperatura
Ausencia Material disponible

Cuándo y cuánto estudiar



1

Identificar horario más cómodo para estudiar: día o noche



2

Diseñar bloques de tiempo realista por cada tarea a realizar



3

Considerar el ciclo de la concentración, las fases de la memoria y la curva del olvido



4

Planificar en el largo plazo a través de un calendario semestral



5

Planificar en el mediano plazo a través de calendarios mensuales



6

Planificar en el corto plazo a través de horarios y *check list* diarios

Planificadores temporales

Semestre						
Enero	Febrero	Marzo	Abril	Mayo	Junio	
1 M	1 S	1 S	1 M	1 J	1 D	
2 J	2 D	2 D	2 M	2 V	2 L	
3 V						
4 S						
5 D						
6 L						
7 M						
8 M						
9 J						
10 V						
11 S						
12 D						
13 L						
14 M						
15 M						
16 J						
17 V						
18 S						
19 D						
20 L						
21 M						
22 M						
23 J						
24 V						
25 S						
26 D						
27 L						
28 M						
29 M						
30 J						
31 V						

Mes						
DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
		1	2	3	4	5

Semana						
domingo	lunes	martes	miércoles	jueves	viernes	sábado
6						
13						
20						
27						

dia/hora	lunes	martes	miércoles	jueves	viernes	sábado	Día
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
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19:00							
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21:00							
22:00							
23:00							

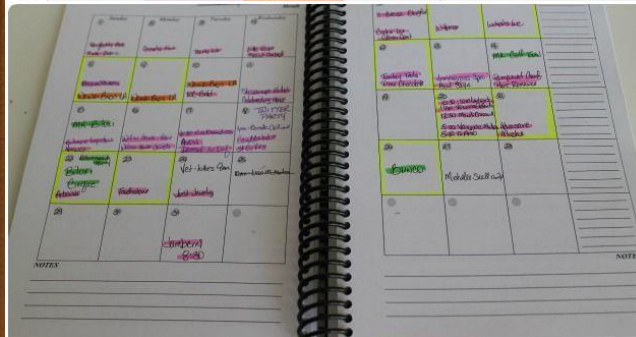
Martes 23		
1.	Enviar mail con introducción al grupo	✓
2.	Resumir capítulo 2 del manual	
3.	Terminar de <u>tippear</u> clase n°5	✓
4.	Buscar información para seminario 2	
5.	Dejar certificado en Secretaría de Estudios	
6.	Preguntar al profe por Recuperativa	✓
7.	Devolver libro en biblioteca	
8.	Retirar fotocopias	
9.	Pedir cuaderno a la Nata	✓
10.	Ir al taller de Organización	✓

Otros Organizadores temporales



September 16 – 22, 2012

16 Sunday	17 Monday	18 Tuesday	19 Wednesday	20 Thursday
Homework Day		EC Ecology Paper The Kibara new alb...		
		Interview Grawdon Doc. Suite 4	Physics Lab Cataly in 201	
	Victorian Lit Cataly in 204	Biology Paper Aul	Victorian Lit Cataly in 204	Essay Dialogue IC in 100
	Writing Center Tutor	Physics Discussion Cataly in 204	Writing Center Tutor	Biology Paper Aul
	Theology Durbach in 204	Philosophy Mund in 204	Theology Durbach in 204	Ecology Discussion Durbach in 204
	Physics Cataly in 204	Philosophy Mund in 204	Physics Cataly in 204	Philosophy Mund in 204
			Theo Sans Credit IC Floor 4	Chem Review 100 142
			APSA Meeting Kaiser Thing	
	Knitting Club	Women's Group		



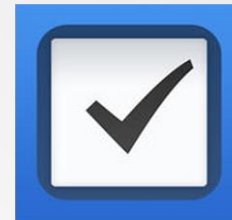
Para el estudio personal



Evernote



SelfControl



Things

Para trabajos en grupos



Nozbe



TeamBox



Producteev

Bullet Journal

- Secciones personalizadas
 - Registro Mensual
 - Registro diario
 - Otros
- Anotaciones
 - Símbolos
 - Tareas
 - Pruebas, etc.



Completando una planificación semestral

Considerar:

1. Fechas entregadas por los profesores en marzo
2. Fechas que aparecen en los programas

Enero		Febrero		Marzo		Abril		Mayo		Junio	
1 D		1 M		1 M		1 S		1 L		1 J	
2 L		2 J		2 J		2 D		2 M		2 V	
3 M		3 V		3 V		3 L		3 M		3 S	
4 M		4 S		4 S		4 M		4 J		4 D	
5 J		5 D		5 D		5 M		5 V		5 L	
6 V		6 L		6 L		6 J		6 S		6 M	
7 S		7 M		7 M		7 V		7 D		7 M	
8 D		8 M		8 M		8 S		8 L		8 J	
9 L		9 J		9 J		9 D		9 M		9 V	
10 M		10 V		10 V		10 L		10 M		10 S	
11 M		11 S		11 S		11 M		11 J		11 D	
12 J		12 D		12 D		12 M		12 V		12 L	
13 V		13 L		13 L		13 J		13 S		13 M	
14 S		14 M		14 M		14 V		14 D		14 M	
15 D		15 M		15 M		15 S		15 L		15 J	
16 L		16 J		16 J		16 D		16 M		16 V	
17 M		17 V		17 V		17 L		17 M		17 S	
18 M		18 S		18 S		18 M		18 J		18 D	
19 J		19 D		19 D		19 M		19 V		19 L	
20 V		20 L		20 L		20 J		20 S		20 M	
21 S		21 M		21 M		21 V		21 D		21 M	
22 D		22 M		22 M		22 S		22 L		22 J	
23 L		23 J		23 J		23 D		23 M		23 V	
24 M		24 V		24 V		24 L		24 M		24 S	
25 M		25 S		25 S		25 M		25 J		25 D	
26 J		26 D		26 D		26 M		26 V		26 L	
27 V		27 L		27 L		27 J		27 S		27 M	
28 S		28 M		28 M		28 V		28 D		28 M	
29 D				29 M		29 S		29 L		29 J	
30 L				30 J		30 D		30 M		30 V	
31 M				31 V				31 M			

Completando un horario semanal

Considerar:

1. Eventos fijos: clases, talleres...
2. Compromisos eventuales
3. Tiempos de traslados, alimentación y sueño

HORAS	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00 – 07:00							
07:00 – 08:00							
08:00 – 09:00							
09:00 – 10:00							
10:00 – 11:00							
11:00 – 12:00							
12:00 – 13:00							
13:00 – 14:00							
14:00 – 15:00							
15:00 – 16:00							
16:00 – 17:00							
17:00 – 18:00							
18:00 – 19:00							
19:00 – 20:00							
20:00 – 21:00							
21:00 – 22:00							
22:00 – 23:00							
23:00 – 24:00							

Diseñando una sesión de estudio

Tiempo total asignado: 2 horas

40´	10´	30´	15´	25´
Contenidos de mediana dificultad		Contenidos difíciles		Contenidos fáciles
Lectura		Ejercitación		Repaso

Evitar las fugas de tiempo



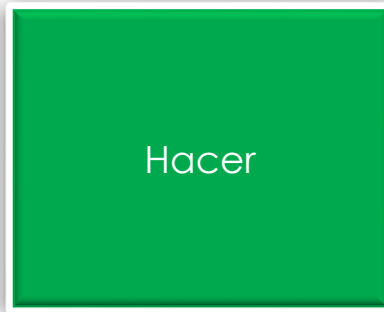
1. Preparar y ordenar las cosas para estudiar
2. Planificar de forma desorganizada o poco realista
3. Revisar las redes sociales o internet en general
4. Ver televisión, películas o series
5. Pasar demasiado tiempo con los amigos
6. Soñar despierto o divagar
7. Pensar en cuánto cansancio sientes
8. Dormir más de la cuenta
9. Esperar a otros para comenzar a hacer algo
10. Ser detallista o perfeccionista de forma desmedida

Priorizar

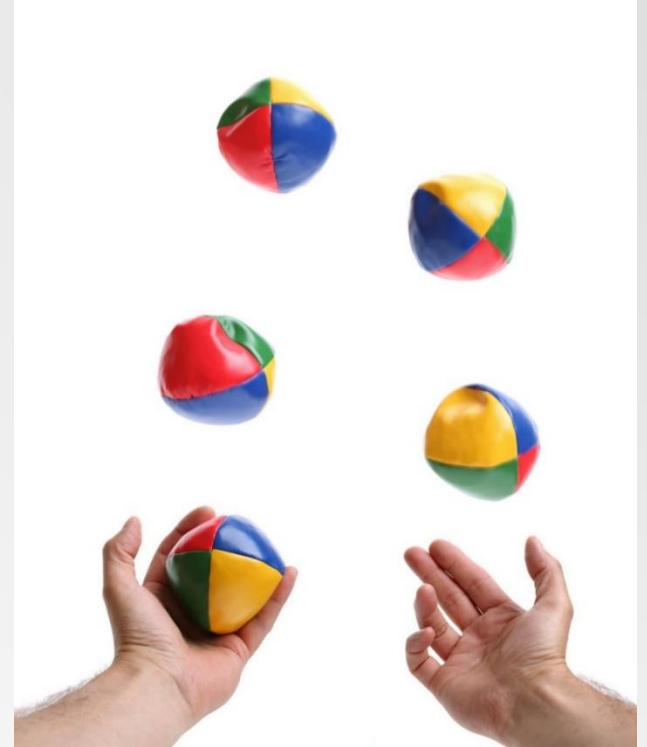
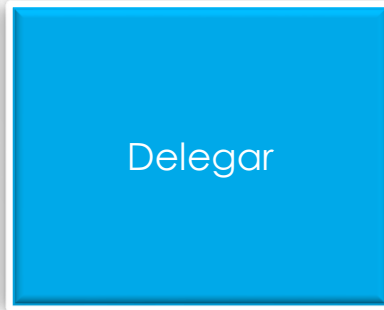
Menor urgencia

Mayor urgencia

Mayor importancia



Menor importancia



Actividad grupal e individual

Grupal

Completar
planificación
semestral

Individual

Completar
horario semanal

