

# Self-Regulation and Student Learning

Parent Evening  
March 7<sup>th</sup>, 2013

# District Team

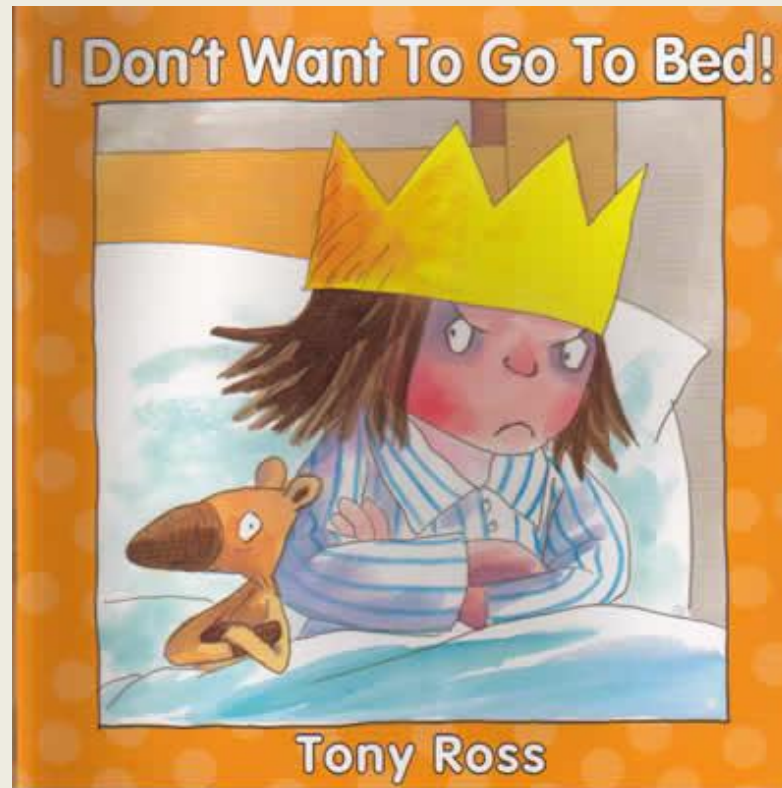
- District Team
  - Sandra-Lynn Shortall (District Principal, Early Learning)
  - Maureen Lee (District Administrator, Student Support Services)
  - Moray McLean (OT)
  - Sydney Hook (SLP)
  - Leslie Burgess (Behaviour)

# West Bay Team

- Kim Grimwood (LST)
- Sarah Doherty/Tamara Wilkinson – Grade One
- Candice Charlton/Heidi DeLazzer – Grade Two
- Claire Stephenson – Grade Two/Kindergarten
- Judy Duncan

# Awesome or Not?

Putting your children to bed



# Awesome or Not?

## Getting to school



# Awesome or Not?

## Extracurricular Activities



# Awesome or Not?

## Meal Time



# Awesome or Not?

## Homework





# Self-Regulation....

- Table Discussion

What Do You Know?	What Do You Wonder?

# Definition

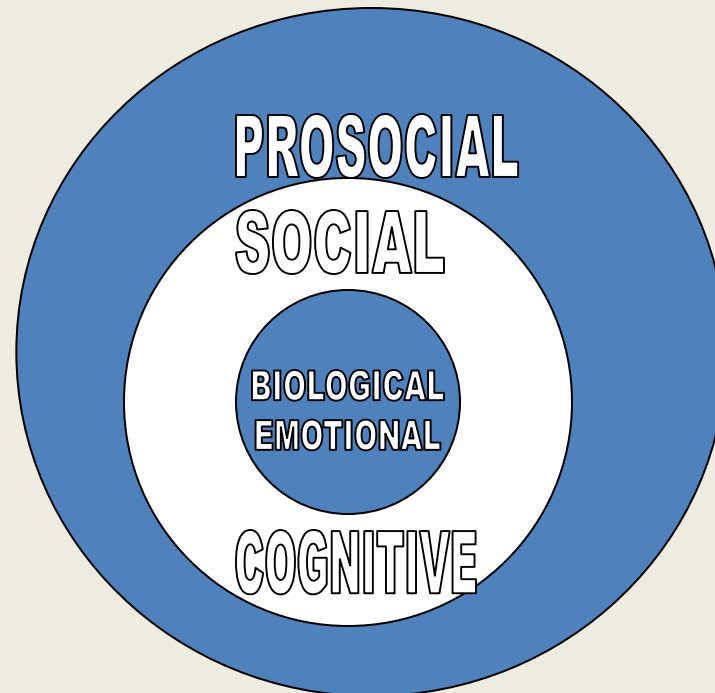
“Self-regulation is the ability to manage your own energy states, emotions, behaviours and attention, in ways that are socially acceptable and help achieve positive goals, such as maintaining good relationships, learning and maintaining wellbeing.”

*Stuart Shanker*

# Context

- Canadian Self-Regulation Project (Dr. Shanker)
- First Wave Centres (BC and Ontario)
- First Wave in BC
  - Bulkley Valley
  - Coquitlam
  - Surrey
  - Greater Victoria
  - Nanaimo
  - West Vancouver (Hollyburn and West Bay)

# The 5 Domains of Self-Regulation



# Biological Domain

- Refers to activity or the level of energy in the human nervous system.
- Levels of energy vary widely from person to person, situation to situation, and across the day.
- Levels are influenced by individual personal sensory profile.



# Key Attributes of a Well Regulated Biological Domain

- Physical health.
- Sufficient energy across the day.
- Ability to recoup energy after taxing experiences.
- Ability to focus around distractions.
- Ability to follow healthy daily routines.

# Emotional Domain

- Defined as processes responsible for controlling emotional reactions in order to meet a goal.
- Monitoring, evaluating and modifying the intensity and timing of emotional responses.
- Emotional resiliency-recovery from challenges (Grit).



# Key Attributes of a Well Regulated Emotional Domain

- Modulation of strong emotions
- Ability to recover from adversity
- Courage to learn new things
- Desire to achieve goals (by self and with others)
- Healthy and realistic sense of self



# Cognitive Domain

- Mental processes such as memory, attention, the acquisition and retention of information and problem solving.
- Executive functioning



# Key Attributes of a Well Regulated Cognitive Domain

- Swiftly focus and maintain as required.
- Consider multiple perspectives.
- Plan and executive several steps consecutively.
- Problem solve and revise plan.
- Understand cause and effect.
- Time Management (Prioritize tasks and goals)
- Self reflection and self awareness.

# Social Domain

- Understanding , assessing, and acting on particular social cues.
- Social Intelligence - capacity to understand social situations and function optimally in them.



# Key Attributes of a Well regulated Social Domain

- Understanding the feelings and intentions of self and others.
- Monitoring the effects responses and adjusting when necessary (“appropriate responses”)

# Pro-Social Domain

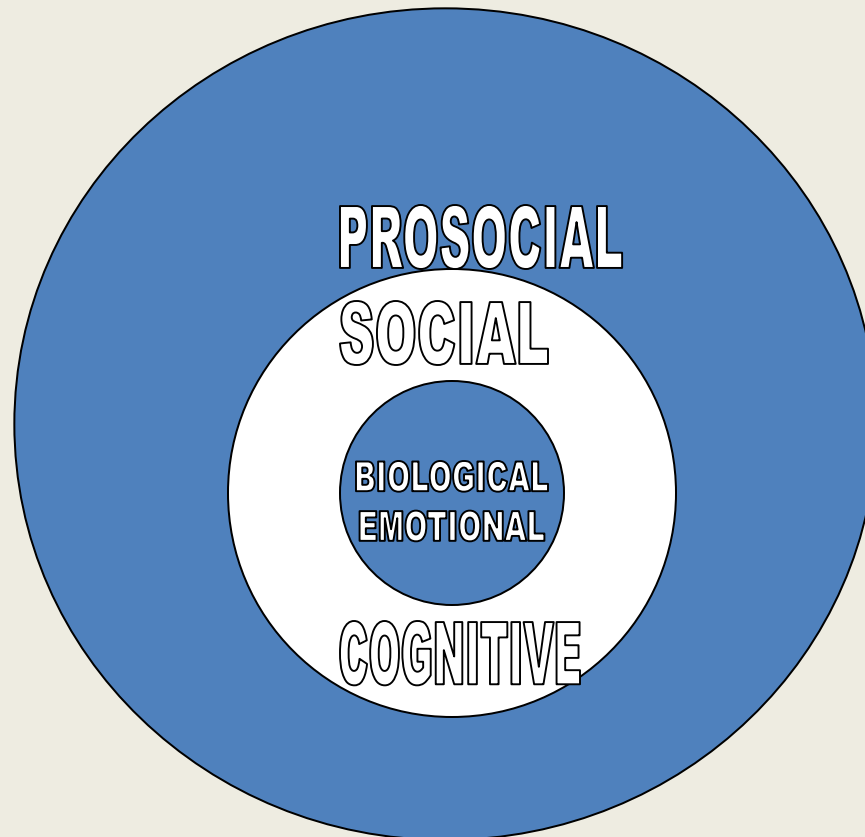
- Refers to those behaviours that are positive, helpful, and intended to promote social acceptance and friendship.
- Encompasses empathy, altruism and morality.



# Key Attributes of a Well Regulated Pro-Social Domain

- Caring about another's feeling and helping that person deal with them.
- Putting the needs and interests of others ahead of one's own.
- Wanting to “do the right” thing, and having the conviction to act upon it.

# The 5 Domains of Self-Regulation



# At School

- What's happening in West Bay classrooms?





# Strategies you might try.....

- What could you take home tonight to support your family's self-regulation?
  - Putting Children to Bed
  - Getting to School
  - Extracurricular Activities
  - Meal Time
  - Homework

Please take a moment to fill out the self-regulation evaluation form. Your input is appreciated.

