

Be self-regulating!

Change the
"Tomorrow
to Now!"

Some tips:



Know yourself! (Your difficulties and what you need to improve)

Effective time management: list of priorities and a task plan realistic

Sets achievable personal goals and defines a reward system

Organize your place of study that allows you to stay focused;

Balance academic activities with personal leisure activities.

Monitor and self-reflect on your learning process

See more:



Autorregulação? O que é? Como posso ser autorregulado?

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