

SELF-REGULATION THEORY

How Optimal Adjustment
Maximizes Gain

Dennis E. Mithaug

Self Regulation Theory How Optimal Adjustment Maximizes Gain

Marco Cascella



Self Regulation Theory How Optimal Adjustment Maximizes Gain:

Self-Regulation Theory Dennis Mithaug, 1993-02-28 The author's Self Regulation Theory explains how people optimize their adjustments in order to maximize their gains toward getting what they want from their environments. It describes the reciprocal effects of human adjustment and environmental change. The interaction among what regulators expect, how they choose, and what they do affects and is affected by optimal and suboptimal environmental contingencies. Although Self Regulation Theory is consistent with current behavioral cognitive and cognitive behavioral models of adjustment, it goes beyond them by describing the problem solving and solution doing mechanisms that lead to optimal adjustments and maximal gains. This permits the theory to predict precise relationships between self regulated gain towards goal attainment and the consequences of goal attainment. Although the conclusions do not contradict generally accepted views, they challenge current perspectives on how to define and analyze the problem of adaptation. By separating the mechanism of self regulation from the environmental effect it produces, we can examine the unique contribution of the self regulating system to its own success or failure. Also, by defining environmental optimalities from the perspective of the regulator, we can assess how the same menu of environmental opportunities changes from being suboptimal to optimal as a function of the regulator's success in adjusting.

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Self-determined Learning Theory Deirdre K. Mithaug, Martin Agran, James E. Martin, Michael L. Wehmeyer, 2002-12-18 This volume brings together four semi-autonomous bodies of research: choice, self-determination, self-regulation, and self-management, to form a new theory of self-engaged learning entitled Self-Determined Learning Theory. This theory explains why and how students self-engage. It identifies the factors that give students the sense of control over their learning that is needed for sustained adaptive and ultimately successful learning. It begins by describing the characteristics of disengaged

learners then describes and illustrates self determined learning theory within both normal and special populations It then examines the theory s predictive value across several special population contexts and then concludes with a critique of the theory s credibility and worth Divided into three sections theory construction theory verification and theory evaluation this volume is organized using the four steps of a previous book Learning to Theorize A Four Step Strategy Step 1 defines a problem of not understanding something as discrepancy between what is known and not known about a circumstance Step 2 searches for information and explanations to change the condition of not knowing into a condition of knowing Step 3 evaluates the credibility and worth of the explanation constructed in Step 2 Step 4 adjusts existing beliefs so they are consistent with the new theory Although aimed primarily at leaders in special education it should also appeal to researchers and scholars in psychology educational psychology and school psychology who are interested in the applications of self regulated learning theory in this case to special populations

THEORY IN SELF-DETERMINATION Michael L.

Wehmeyer,Brian H. Abery,Dennis E. Mithaug,Roger J. Stancliffe,2003-01-01 This text provides a comprehensive overview of three theoretical perspectives proposed during the past decade addressing the self determination construct as it applies to the field of special education The three models were selected primarily because they have focused on defining and categorizing self determination for all students with disabilities including students with mental retardation and other cognitive disabilities These models are intended to provide students and practitioners a solid grounding in self determination theory All models have been evaluated among students with cognitive disabilities but are applicable to all students with or without disabilities The authors research each model and have applied their own theoretical framework to special education ensuring that interventions to promote skills like problem solving goal setting decision making and self advocacy are in place for all students By reading this text the reader will gain a solid theoretically based foundation in understanding the self determination construct which ultimately supports the development of instructional interventions that enable students with disabilities to become self determined It will be useful as a text in upper undergraduate and graduate courses in special education psychology social work welfare general education vocational rehabilitation and disability studies

International Review of Research in Mental Retardation ,1999-06-07 International Review of Research in Mental Retardation is an ongoing scholarly look at research into the causes effects classification systems syndromes etc of mental retardation Contributors come from wide ranging perspectives including genetics psychology education and other health and behavioral sciences Volume 22 is an eclectic volume with chapters on genetics developmental skills and methodological issues as well as review chapters on the Savant Syndrome and supported employment programs Contributors for this volume are from the U S U K and Australia

Handbook of Self-Help Therapies Patti Lou Watkins,George A. Clum,2007-11-28 This volume constitutes the first solidly research grounded guide for practitioners wending their way through the new maze of self help approaches The Handbook of Self Help Therapies summarizes the current state of our knowledge about what

works and what does not disorder by disorder and modality by modality Among the covered topics are self regulation theory anxiety disorders depression childhood disorders eating disorders sexual dysfunctions insomnia problem drinking smoking cessation dieting and weight loss Comprehensive in its scope this systematic objective assessment of self help treatments will be invaluable for practitioners researchers and students in counseling psychology psychiatry and social work health psychology and behavioral medicine

Identification of Students for Gifted and Talented Programs Joseph S.

Renzulli, Sally M. Reis, Series Editor, 2004-03-06 Focuses on one of the most widely debated topics in the field addressing the challenges educators face in attempting to accurately identify gifted and talented students *Brain and Values* Karl H.

Pribram, 2018-01-17 This 5th volume of the Appalachian Conference discusses how the brain processes information the role of memory and value and models of creativity It pursues aspects of cognitive neuroscience and behavioral neurodynamics such as the topic of values and quantum distributed processing in the brain **Empowerment Evaluation** David M.

Fetterman, Shakeh J. Kaftarian, Abraham Wandersman, 2014-09-10 This Second Edition celebrates 21 years of the practice of empowerment evaluation a term first coined by David Fetterman during his presidential address for the American Evaluation Association Since that time this approach has altered the landscape of evaluation and has spread to a wide range of settings in more than 16 countries In this Second Edition of Empowerment Evaluation Knowledge and Tools for Self Assessment Evaluation Capacity Building and Accountability an outstanding group of evaluators from academia government nonprofits and foundations assess how empowerment evaluation has been used in practice since the publication of the landmark 1996 edition The book includes 10 empowerment evaluation principles a number of models and tools to help put empowerment evaluation into practice reflections on the history and future of the approach and illustrative case studies from a number of different projects in a variety of diverse settings The Second Edition offers readers the most current insights into the practice of this stakeholder involvement approach to evaluation One of the greatest evaluation innovations of the past two decades has been the development of a professional and systematic approach to self evaluation called empowerment evaluation This book offers you the latest cutting edge understanding of this powerful innovation and evaluation approach May you be inspired and empowered as you adventure through the chapters in this outstanding volume Stewart I Donaldson President elect American Evaluation Association Claremont Graduate University This twenty year follow up to the original provides even better and richer stories about the versatility and utility of empowerment work in most social contexts It expands our understanding of how empowerment evaluation is foundational to any effort to improve and measure growth in any community social environment Robert Schumer University of Minnesota This text brings empowerment evaluation to life and in doing so it offers all evaluators a large body of relevant concepts and tools for designing implementing and assessing evaluation efforts that engage democratize and strengthen stakeholder s self determination Gary J Skolits The University of Tennessee Knoxville

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