



# Developing Self-regulation of Learning and Teaching Skills Among Teacher Candidates (SpringerBriefs in Education)

*Héfer Bembenny, Marie C. White, Miriam Vélez*

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During the last several decades, self-regulation of learning has permeated all areas of learning and development, including teaching preparation programs. Self-regulatory competences are essential for successful academic achievement and performance. This book is written for teacher candidates to believe that if they heard a call to teach, they can see in each paragraph of this book that they can do it. Teacher candidates reading this book will find themselves vicariously portrayed in the journey of the four teacher candidates described in this book. They can empathize with their struggles but will also find assurance that through self-regulation their own journeys and dreams could have great outcomes. This book is also written for teacher educators in teaching education programs so that they would realize that by transforming their curriculum in light of new findings on self-regulation, they could facilitate the training process of teacher candidates under their supervision and that self-regulation of learning and teaching matters for teacher candidates.

Drawing on a rich body of research and theory on self-regulation of learning, Bembenutty, White, and Vélez present compelling case studies indicating that the capability of teacher candidates to self-regulate their attainment of educational goals depends on their exposure to self-regulated teacher educators, especially as they model, scaffold, and mentor in classroom settings. This important text gives numerous examples of how teacher educators can become role models and agents for self-regulatory change, and it will be an invaluable resource for courses in education, psychology, and human development.

Barry J. Zimmerman, Professor Emeritus

*Graduate Center, The City University of New York*

In an effective blend of theory and case histories, Bembenutty, White, and Vélez provide valuable information and advice for prospective teachers and teacher educators. Their focus on help seeking is critical given the array of resources available to overcome early difficulties especially for teachers with significant challenges. Also important is helping them understand the role of delay of gratification in the face of expanding sources of distraction.

Stuart A. Karabenick, Research Professor

*University of Michigan*

This book builds a really strong case for the importance of self-regulation in teacher education. Moreover, it tells a fascinating story of educational success against the odds, made possible by personal stamina as well as contextual support. Both teacher students and teacher educators around the world will find this book a wonderful inspiration.

Ivar Bråten, Professor

*University of Oslo, Norway*

This is a practical book which provides a compelling narrative with page after page on teacher self-regulatory functioning. I recommend this book for teacher preparation programs, and I will definitely share it with many of my students and colleagues.

Anastasia Kitsantas, Professor

*George Mason University*

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their spare time with their family, or their friends. Usually they undertaking activity like watching television, going to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? May be reading a book could be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to test look for book, may be the book untitled Developing Self-regulation of Learning and Teaching Skills Among Teacher Candidates (SpringerBriefs in Education) can be excellent book to read. May be it may be best activity to you.

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