

AI as a Self-Regulated Learning Coach

A quick guide to effective strategies

AI can act as personal learning coaches **when used intentionally**. Here's how learners (and educators) can use AI to support self-regulation:

1. Use AI to Find and Analyze Exemplars

Self-regulated learners need to see what “good” looks like. AI can help you locate and analyze strong examples across subjects.

Try asking:

- “Can you show me a strong example of a persuasive essay on climate change? Explain what makes it strong.”
- “What makes this Python function well-written?”
- “Can you compare this leadership case study to a best-practice model?”

How this helps:

- Clarifies the end goal, so you can envision it
- Showcases the details you need like structure and strategy
- Helps you identify markers of quality

2. Use AI to Guide Reflection and Metacognition

AI can walk you through reflective thinking, just like a coach would. This is essential for adjusting your approach and improving over time.

Try prompting with:

- “Help me reflect on how I approached this project.”
- “Ask me questions to help evaluate what went well and what I could improve.”

Key questions AI might ask (or you can ask yourself):

- What was your goal?
- What strategy did you use?
- What obstacles came up?
- What would you do differently next time?

How this helps:

- Builds awareness of your process
- Strengthens decision-making
- Encourages ownership of growth

3. Use AI to Spot Blind Spots and Hidden Patterns

AI can notice things you might miss—like logical gaps, inconsistent writing, or repetitive errors.

Try asking:

- “Can you review my essay for unclear reasoning or missing evidence? Don’t tell me how to fix it, just point out the gaps.”
- “Do you notice any patterns in my coding errors?”
- “What parts of my study plan might I be overlooking?”

How this helps:

- Surfaces areas for improvement
- Makes thinking more visible
- Provides feedback that’s timely and specific

Bonus Tip: Pair AI With Human Feedback

AI is a great partner, but not a replacement for instructors, peers, or mentors. Combine AI feedback with human insight to create a well-rounded support system.