

Abstract

The purpose of this research is to investigate the relationship between Self-Regulation and Academic Achievement of College students in Macao. In the first section, the researcher explicated self-regulation theories, self-regulation models and related documents. In the second section, the researcher compared the discrepancy between different grades and the relationship between self-regulation and academic achievement based on using the reliability, one-way ANOVA, F-Test and the Post Hoc Tests to analyze the data of the college students in Macao. In the final section, according to the self-regulation theories and the reality results in Macao, the researcher made discussions, conclusions and suggestions.

Using the Self Learning Scale as research tool, the sample of this research consists total 476 students who are studying in year four, year one and pre-U in the one of the University in Macao.

This research is to investigate the factors of Self-Regulation such as Motivation, Efficacy, Goal Setting and Planning, Self-Monitoring, Inquiry and Information Processing, Management of Learning Environment, Help Seeking, Metacognition, Self-Regulation Strategic, whether there are any divergences between different grades and the relationship between self-regulation and academic achievement based on Albert Bandura's Social Cognitive Learning Theory , Barry Zimmerman's Self-Regulation Model and using the Self Learning Scale produce by Mok M. M. C., etc..

Obtain the following main result after analyzing:

- 1) Discrepancy of Self-Regulation factors between different grades.
- 2) Relationship between self-regulation and academic achievement of college students.

The major findings in this study are as the followings:

- 1) There is a significant difference in Motivation. I.e. Year 1 students are better than Pre-U students. There is a significant difference in Goals and Planning, Self Monitoring and Metacognition. I.e. Year 1 students are better than Year 4 students.
- 2) As a result, when college students have higher Self Efficacy, Self Monitoring, Goals and Planning in Self Regulation, they are likely to have better academic achievement.

Keywords:

Self-Regulation Efficacy Goal Motivation Metacognition Achievement