

SELF-REGULATED

Meaning: Self-regulated refers to the ability of individuals to manage their own learning or behavior by setting goals, monitoring progress, and taking responsibility for their actions.

1. A self-regulated learner often sets personal goals to enhance their academic performance.
2. In a self-regulated environment, individuals take responsibility for their own actions and decisions.
3. Teachers can help students become self-regulated by teaching them effective time management strategies.
4. Self-regulated individuals tend to have better emotional control and can manage stress more effectively.
5. The company's self-regulated approach to compliance has led to a more ethical workplace culture.

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