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Type: **Research-oriented Oral Face-to-face presentation**

Assessing the Potential of AI For Learner Self-Regulation

Sunday 18 May 2025 10:40 (25 minutes)

TITLE

Assessing the Potential of AI For Learner Self-Regulation

RELEVANT SIG

Learner Development

FORMAT

Research-oriented Oral Face-to-face presentation (25 minutes, including Q&A)

Short English description

KEYWORDS

Generative AI, Self-Regulation of Learning, Co-regulation of Learning

First-time presenter?

ABSTRACT

In this presentation a research project based around use of an AI chatbot to help English language learners develop self-regulated learning (SRL) strategies will be introduced. One aspect of SRL often overlooked in discussion of its development is the importance of co-regulation and scaffolding from instructors, support that can be difficult to offer for busy teachers. Additionally, if approached incorrectly co-regulation may reduce autonomy by shifting the perceived locus of causality for action away from the learner, creating the perception that behaviour is being regulated outside of the self (Reeve, Ryan, Deci, and Jang, 2008). A possible way to avoid this is through the use of generative AI systems as tools for co-regulation. The presenter will report on such an approach, whereby students use AI tools to create personalized learning goals and detailed study plans, track weekly progress, and adjust strategies if goals are not met. In effect, learners become responsible for creating their own context-specific study plans which they can adjust as needed, ideally supporting SRL

development without undermining autonomy. Implementation of the project, outcomes to date, and issues encountered will be covered.

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