

## **Self-Regulation of Learning Activity as a Psychological and Acmeological Problem**

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The learning activity is considered as the most important psychological and acmeological means for formation of personal components of self-regulation of learning activity subjects on different stages of studying in school or higher education institution. The definition of self-regulation type of learning is given and special features of learning activity that reflect psychological and acmeological problematic of self-regulation of subjects of learning activity (the student organizes and regulates his/her learning activity himself/herself) are given in the article.

**Keywords:** subject, self-regulation, learning activity.