

What do we mean by self-directed learning?

“These learners are **proactive** in their efforts to learn because they are **aware of their strengths and limitations** and because they are guided by **personally set goals** and **task-related strategies**... These learners **monitor their behaviour** in terms of their goals and **self-reflect** on their increasing effectiveness. This enhances their **self-satisfaction** and **motivation** to continue to improve their methods of learning.”

- Zimmerman (2002)

Three tools for self-directed learning

1. What does an effective learner look like?

What are the characteristics of an **effective** learner?

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What are the characteristics of an **ineffective** learner?

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2. The 5 questions of self-managed learning

1. Where have you been?
2. Where are you now?
3. Where do you want to be?
4. How will you get there?
5. How will you know when you've got there?

Take the time to work through these questions with your child. It can take quite some time. You can either apply this process to your whole life, or to just one aspect of your life – e.g. friendships, finances, or a particular subject. NB. These 5 questions were developed by Professor Ian Cunningham of the Self-Managed Learning College in Brighton, Sussex, UK.

3. Obstacles and enablers

