

Recognizing the Self-Directed Learner

It is perhaps helpful to consider what habits and behaviors we might recognize in the skilled and self-directed learner.

This is a checklist giving you the opportunity to assess yourself but also to use in understanding the reactions of others when challenged by changes in their environmental circumstances.

BEHAVIOURS	IDENTIFIERS	RATING
<p>OPEN TO NEW EXPERIENCES and WILLING TO GENERATE NEW RULES</p>	<ul style="list-style-type: none"> • Using everyday experiences as an opportunity to learn • Regularly reflecting on experience • Relating new experiences to previous experience or knowledge • Re-framing previously held ideas to trial something new • Trying out new actions 	<p>Low High</p> <p>Low High</p> <p>Low High</p> <p>Low High</p> <p>Low High</p>
<p>EXERCISING POSITIVE SELF-PRESENTATION</p>	<ul style="list-style-type: none"> • Maintaining an accurate self-image • Maintaining a high level of self-esteem • Recognizably feeling good about yourself • Adopting a positive stance in times of difficulty • Being openly cooperative and collaborative with others • Practicing interdependence when working with others • Valuing others as a resource for own personal learning • Readiness to disclose own weaknesses • Open to working with others to assist personal development 	<p>Low High</p> <p>Low High</p> <p>Low High</p> <p>Low High</p> <p>Low High</p> <p>Low High</p> <p>Low High</p> <p>Low High</p> <p>Low High</p>

<p>EXPERIMENTING WITH RULES and PRINCIPLES BY USING THEM FLEXIBLY</p>	<ul style="list-style-type: none"> • Challenging existing practices and normal ways of working • Experimenting with new ideas in usual situations • Engaging in lateral thinking and feeling comfortable with it • Approaching perennial problems from new angles • Transferring problem-solving techniques from one situation to another 	<p>Low High</p> <p>Low High</p> <p>Low High</p> <p>Low High</p> <p>Low High</p>
<p>DEVELOPING LONGER-TERM GOALS</p>	<ul style="list-style-type: none"> • Planning both professional and personal life over long timescales • Designing learning projects which together help achieve goals 	<p>Low High</p> <p>Low High</p>
<p>USING A VARIETY OF LEARNING RESOURCES</p>	<ul style="list-style-type: none"> • Identifying opportunities for learning from any experience • Seeking out and using the following as learning resources: <ul style="list-style-type: none"> ○ experts ○ digital networks ○ books and periodicals ○ social media ○ people networks ○ mentors ○ the imagination and dreams 	<p>Low High</p> <p>Low High</p>
<p>UNDERSTANDING PERSONAL LEARNING ATTRIBUTES</p>	<ul style="list-style-type: none"> • Knowledge of how best to approach personal learning • Creating optimum conditions for personal learning • Consciously using the most productive learning habits and skills in different situations • Recognizing that personal approaches to learning are flexible and not fixed 	<p>Low High</p> <p>Low High</p> <p>Low High</p> <p>Low High</p>
<p>COPING WITH OBSTACLES</p>	<ul style="list-style-type: none"> • Awareness of cycles in motivation and plateaus in achievement 	

	<ul style="list-style-type: none">• Monitoring personal learning behavior for clues as to patterns, tendencies and potential pitfalls• Developing strategies for rekindling interest and commitment by varying learning tasks, changing pace, location or overall strategy• Assessing progress and rewarding personal achievement	Low High Low High Low High Low High
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