

# Self-Directed Learning

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## Introduction:

Self-directed learning is learning in which the conceptualization, design, conduct and evaluation of a learning project are directed by the learner. This does not mean that self-directed learning is highly individualized learning always conducted in isolation. Learners can work in self-directed ways while engaged in group-learning settings; provided that this is a choice they have made believing it to be conducive to their learning efforts.

## Meaning of Self-Directed Learning:

- A process in which students take the initiative to diagnose their learning needs, formulate learning goals, identify resources for learning, select and implement learning strategies, and evaluate learning outcomes. The role of the instructor shifts from being the 'sage on the stage' to the 'guide on the side' in a self-directed learning environment.
- Self-directed learning is an instructional strategy where the students, with guidance from the teacher, decide what and how they will learn. It can be done individually or with group learning, but the overall concept is that students take ownership of their learning.
- Knowles (1975) self-directed learning describes a process in which individuals take the initiative, with or without the help of others, in diagnosing their learning needs, formulating learning goals, identifying human and material resources for learning, choosing and implementing appropriate learning strategies, and evaluating learning outcomes.
- Neema Baskar- Self directed learning is a process in which the learner initiating learning making decisions about what and How to learn self in order to achieve a particular task.
- Garrison (1997) "Self-directed learning views learners as responsible owners and managers of their own learning process. Self-directed learning integrates self-management (Management of context, including the social setting, resources and action) with self-monitoring (the process whereby the learners monitor, evaluate and regulate their cognitive learning strategies"

## Principles of Self-Directed Learning:

1. **Continuous process:** lifelong process.
2. **Based on personal plan:** prepared plan individually.

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3. **Based on previous experience:** previous knowledge and experience help self learning.
4. **Based on individual needs:** every person learns according to their need.
5. **Self-guided:** learning activities are guided by every person.
6. **Self-controlling:** all over activities are controlled every person.
7. **Self-monitoring:** every person monitors their own activities.
8. **Self-motivated:** every person has intrinsic motivation.
9. **Self-progress:** Every person participate in learning process according to their own interest.
10. **Self-modification:** based on feedback, every person modifies their activities
11. **Self-decision:** every person takes all activities related decision.
12. **Self-evaluation:** evaluate all activities.

## Competencies of Self- directed learning:

- Self-directed learning allows learners to be more effective learners and social beings.
- It enhances the ability to think and learn.
- It promotes emancipatory learning process.
- Self-directed learners are curious and willing to try new things.
- They can view problems as challenges, desire change, and enjoy learning.
- Self-directed learners are motivated and persistent, independent, self-disciplined, self-confident and goal-oriented.
- Self-directed learners demonstrate a greater awareness of their responsibility in making learning meaningful and monitoring themselves.
- Self-directed learning encourages students to develop their own rules and leadership patterns.
- It helps to develop time management skills.
- It helps to identify the requirements for a problem solving process.
- It increases self esteem.
- Helps in decision making.
- It promotes self awareness.