

Self-directed learning inventory

This inventory describes some common attributes of an effective self-directed learner. You may wish to use the inventory several times during your Graduate Diploma program to monitor your growth.

INNER RESOURCES FOR SELF-DIRECTED LEARNING

Rate yourself on a scale of 1 - 5

- 1 = not at all
- 2 = once in a while
- 3 = some of the time
- 4 = most of the time
- 5 = always

Clarity

- _____ I know what I want to learn next.
- _____ I know how I learn best.
- _____ I can tell whether I'm learning something worthwhile or not.
- _____ I know when I need to learn more about something.
- _____ I have a vision that leads me toward the future.

Confidence

- _____ I am capable of learning for myself almost anything I might need to know.
- _____ If there is something I want to learn, I can figure out a way to learn it.
- _____ I think of problems as challenges rather than stop signs.
- _____ Learning is fun for me.
- _____ I'm not afraid of what I don't know.

Determination

- _____ In a learning experience, I prefer to take part in deciding what will be learned and how.
- _____ If I discover a need for information I don't have, I will find it somehow.
- _____ Difficult study doesn't bother me if I'm interested in something.
- _____ I really enjoy tracking down the answer to a question.
- _____ I can make myself do what I think I should.

Openness

- _____ I love to learn.
- _____ I like to think about the future.
- _____ I have a lot of curiosity about things.
- _____ I like to try new things, even if I'm not sure how they will turn out.
- _____ I enjoy discussing things.

Reflection

- _____ I believe that thinking about who you are, what is important to you, where you are, and where you are going should be a major part of every person's education.
- _____ I spend time thinking about my past experiences and trying to learn from them.
- _____ No one but me is truly responsible for what I learn.
- _____ I want to learn more so that I can keep growing as a person.
- _____ Learning how to learn is important to me.

STRATEGIES AND SKILLS FOR SELF-DIRECTED LEARNING

Rate yourself on a scale of 1 - 5

- 1 = not at all
- 2 = once in a while
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- 4 = most of the time
- 5 = always

Goal-setting

- _____ I am able to choose one area of learning on which to focus for a period of time.
- _____ I am able to identify a meaningful learning goal or question for inquiry.
- _____ I know how my goals or questions relate to my vision and learning path.
- _____ I am able to set a realistic goal for a specific period of time.

Planning

- _____ I can make an action plan to guide my learning activities.
- _____ I can choose learning strategies that suit my interests, needs and personal style.
- _____ I can make a realistic timetable or implementation plan.
- _____ I can select relevant resources to support my learning.

Implementing

- _____ I can move from planning into action without procrastinating.
- _____ I can seek support from others when I need it.
- _____ I can organize my resources so they are easily accessible.
- _____ I can anticipate potential problems and think of ways to avoid disasters.
- _____ I am able to revise my plan, including my goals, when a better opportunity appears.

Managing

- _____ I am able to maintain a balanced perspective in the face of difficult challenges.
- _____ I am able to be open and flexible when things don't go as planned.
- _____ I am able to monitor what happens as I implement my plan, and learn from the process.
- _____ I have an effective system for tracking my activities and what I am learning.

Assessing and evaluating

- _____ I am able to identify important criteria for “what counts” in my learning.
- _____ I am able to gather evidence to show what I am learning.
- _____ I am able to note changes in my understanding and actions over time.
- _____ I am able to demonstrate my learning for others.

Reflecting and renewing

- _____ I am able to look back over a learning project and describe what I have learned.
- _____ I am able to see failures and mistakes as learning opportunities.
- _____ I am able to apply what I have learned to new situations and opportunities.
- _____ I am able to let go of the past in order to move on.

PERSONAL PROFILE OF MYSELF AS A SELF-DIRECTED LEARNER

In this space, create a summary profile of yourself as a self-directed learner that indicates the strengths you already have and the areas you would like to develop further. Illustrate your profile with specific examples.