

# Self Directed Learning is the New Normal



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# Self Directed Learning is re-invigorated following major disruptions to the learning system due to the pandemic COVID 19

## Disruptions

- To the learning infrastructure: teachers, classes and classrooms, financing, learning resources and connectivity
- To learning choices and options: Reductions in offerings, lack of personal attention and face to face learning
- To scheduling and timing: Institutional closures, class cancellations, uncertainty about future learning options
- To the process of learning: Shifts from in person learning, to hybrid or blended forms, or remote on-line learning
- To learning outcomes: Loss of proficiency, delayed learning, lower learning results

# After the pandemic, you have to find your own way back to knowledge through self directed learning

- You should not interrupt your learning and regress
- The usual processes and structures are not working well, no course catalogues

## WHY?

- Limited by what is available among reduced possibilities
- Conversion of in-person courses to on-line courses or to hybrid or blended courses
- Re-ordered courses and shuffled programs, sometimes without certification
- Directed to traditional pathways and judgement of others

**Self Directed learning: Decisions and actions around when to learn, what to learn, how to learn it and how well you have learned something are in the hands of learners. It links learning to life and should be lifelong**

# Personalized choices to create your own learning biography has advantages

## Learning

- Good match of topics for your competency needs.
- Convenient time, place and learning method
- Evaluate personal relevance and utility
- Build on existing knowledge base
- Knowledge creation
- Monitor progress.
- Showcase your knowledge and skills

## Skills

- Learning to learn
- Critical thinking

## Spin-off outcomes

- Independence
- Self confidence
- Initiative and entrepreneurialism

# Self directed learning: a personal learning package based on your needs and capabilities

Evaluate your current knowledge as well as immediate and future competency or knowledge needs

Choices Based on purpose ability, time, cost

## Formal

- Structured, intermittent
- Organized education setting
- Usually teacher led, including learning objectives
- Assessed
- Credential or certificate

## Non Formal

- Structured, intermittent
- Organized, community setting
- Facilitated
- Could be practical or experiential
- Not Assessed
- No Credential, may be a "badge"

## Informal

- Continuous
- Learning moment
- Share, exchange
- Life and everyday setting
- Peers or person with knowledge
- Self assessed
- Reality tested
- Easily integrated

## Modes

Courses, programs

Class series

Online MOOC

Hybrid Seminar

In person Learning circle  
Public lecture

Online TED talk  
OER

On-line Web search

Hybrid Zoom discussion

Self Book research

Record your personal learning portfolio, tracking learning, competencies and skills

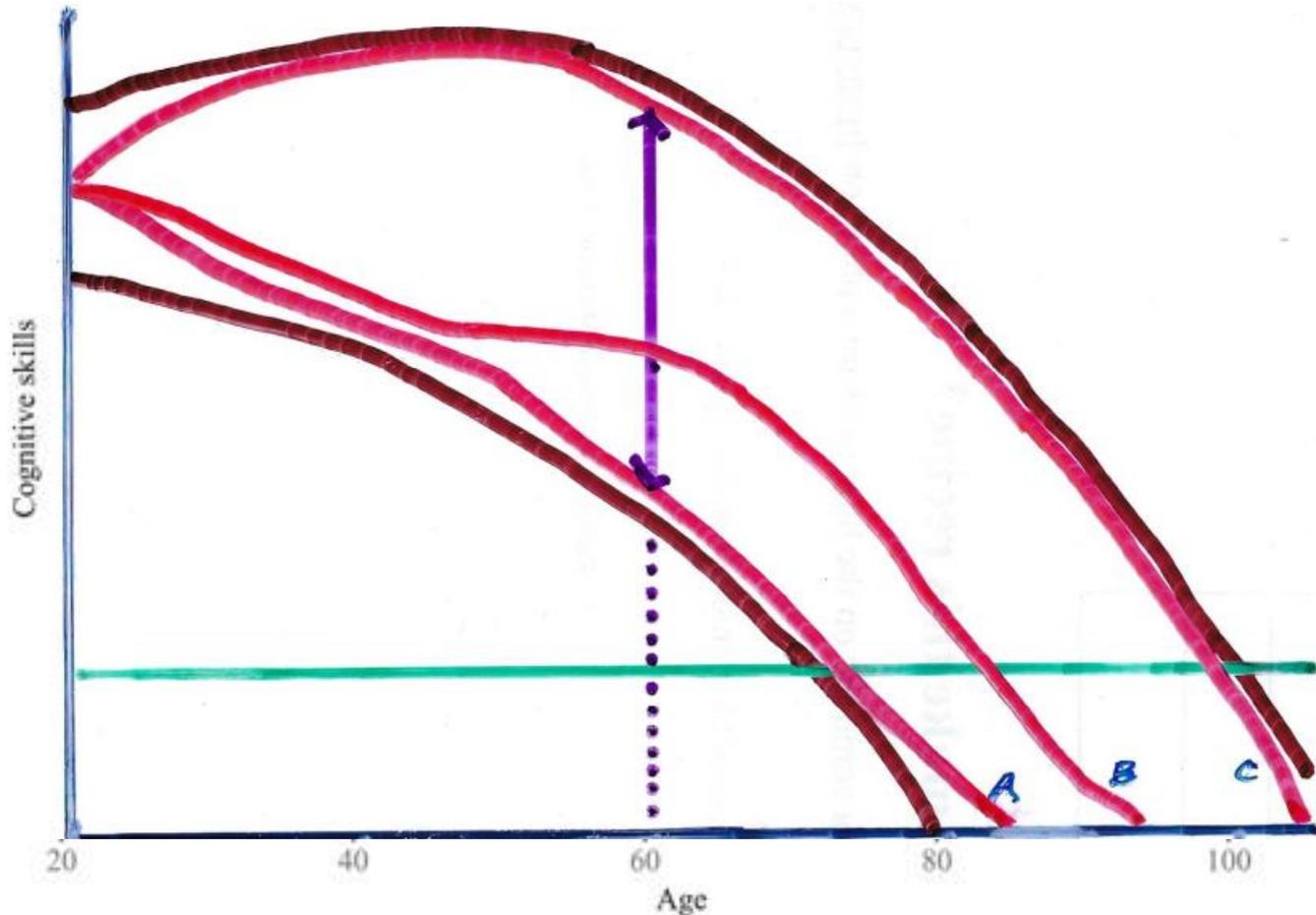
Feedback

# Self directed learning: Transform yourself through progressive learning designed especially for yourself

- Self Evaluate Needs. Gaps, needs, goals, competencies for the future, context
- Start small with a something that you really want to know and that genuinely interests you
- Focus on one priority topic at a time
- Choose a method, pace and time that works
- Break down tasks into manageable chunks
- Learning contract – content, expectations, feedback, evaluation criteria, assessment, credit
- Learning support network, study buddy
- Check understanding, practice processes, reflect and integrate, apply in real life situation
- Track learning, realistically evaluate success, add to learning portfolio
- Feedback to learning needs, next steps
- Create a path with the right order for learning choices that complete your goals

# Self directed lifelong learning provides improved health, social and financial outcomes throughout life

Zone of possible cognitive development through life



- There are likely declines in average cognitive development through life but may be due to little lifelong learning and cognitive activity among a large proportion of adults.
- But examining the range shows that self directed lifelong learning is an important way to retain cognitive skills.
- Cognitive skills result in improved health, social and financial outcomes throughout life.

If you practice self directed learning, it is evidence that you are a multiskilled person that is responsible and engaged in your own growth

