Learning to Learn/Self-Aware & Self-Directed Learning

When learners engage in learning to learn, self-awareness and self-directed learning, they:

- Learn the process of learning (metacognition)
- Believe in the ability to learn and grow (growth mindset)
- Persevere and overcome challenges to reach goals
- Self-regulate in order to become lifelong learners
- Reflect on experience to enhance learning
- Cultivate emotional intelligence to understand self and others
- Adapt to change and show resilience to adversity
- Manage various aspects of life – physical, emotional (relationships, self-awareness), spiritual, and mental well-being


Why is it important?

To learn and work in a continuously evolving world, students need to be able to deeply understand themselves and relate to others. These skills enhance students’ abilities to problem solve and learn.

The Student Experience

- Thinks about what they learn
- Develops personalized learning strategies to master academic material
- Develops adaptability and flexibility
- Actively develops persistence and resilience; responds and adjusts to perceived failure
- Responds constructively to internal and external factors that have an impact on learning and emotion
- Manages interpersonal stress and emotions (how to verbalize and develop strategies to manage anxiety, anger, and depression)
- Develops positive motivation, a sense of hope, optimism, and satisfaction

The Teacher Experience

- Fosters engagement and autonomy over compliance and reliance
- Values ongoing, descriptive feedback over marks, categories and reports
- Creates interdependent learning roles where individuals take responsibility, seek help, support others, make mistakes, reflect and revise their plan
- Scaffolds the learning by checking frequently on learners’ understanding of learning intentions, on progress in relationship to success criteria, and on next steps
- Enables learners to develop the language and metacognitive skills to discuss and reflect on their own learning