# TIPS TO BE SUCCESSFUL IN SELF-DIRECTED LEARNING

**Extra tip!** Keep a journal to help you stay organized and keep track of your goals, strategies and progress.



01. Find a purpose

Find a purpose to give meaning to what you're learning and increase your curiosity and motivation.



Determine your learning styles

02.

03.

Determine your learning style(s) to help you identify your strategy, your materials and how you organize them. See page 2 to find out more.



Identify your strategy

Set S.M.A.R.T. goals (specific, measurable, achievable, relevant and time-bound), a schedule and an organizational system. See page 3 for more information.

Use effective review techniques to revisit new concepts within 24 hours of learning them. See page 4 for examples.





Practise what you learned in everyday life to help you measure your progress and identify your strengths and weaknesses. Here are examples on how to apply your knowledge.

At least once a month, take the time to give yourself feedback and to reset your goals and strategy if needed. Set yourself up for success.

05. Apply your knowledge



06. Reflect on your progress



# **Visual Learner**

- Learns with visual materials (images, videos and diagrams)
- Tip: look for explanatory videos and colour-coded materials

# **Logical Learner**

- Learns through patterns of recognition and repetition
- **Tip:** look for a step-by-step learning strategy that can be repeated (for example, 20-20-20 minutes of reading, summarizing and resting).

# LEARNING STYLES EXAMPLES

You can be more than one type of learner! Try different strategies to find the styles that suit you best.

# **Kinesthetic Learner**

- Learns through movement to aid concentration
- Tip: look for learning strategies that can be used while exercising (audiobooks, podcasts)

# **Auditory Learner**

- Learns through sound and music
- Tip: look for audiobooks, podcasts, recordings and songs

# **Verbal Learner**

- Learns through words and linguistic skills (reading, writing, speaking)
- **Tip:** look for existing materials (reports, books, presentations) and annotate thoughts

#### **MEASURABLE**

A quantifiable objective will help you track your progress. For example, you can set a number of chapters, activities or linguistic risks you can take on a daily basis.

#### **ACHIEVABLE**

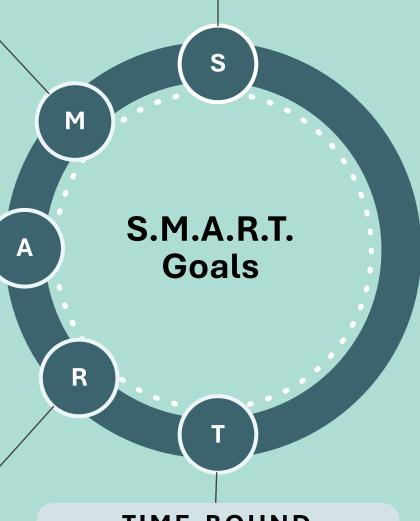
While having a big long-term goal is great, start by setting smaller goals. This will help maintain your enthusiasm and ensure progress.

#### **RELEVANT**

Your goals should be aligned with your overall objective.
Every time you set a goal, define the key benefit and how it relates to your objective.

#### **SPECIFIC**

Identify goals that are clear and detailed. Define the actions that you will take to achieve these goals so that you don't lose track.



#### **TIME-BOUND**

All goals should have a deadline. This will help measure progress and reassess the reality of your expectations if needed.

# S.M.A.R.T. GOAL EXAMPLE



# **Specific**

To begin my language learning journey, I would like to complete the content suggested in the <u>Mauril</u> application for someone at a beginner level.



#### Measurable

According to Mauril, I would need to complete levels 1 to 4 to achieve my goal. I can measure my progress through completing the different levels.



#### **Achievable**

Since I've limited myself to 4 self-paced levels that match my proficiency, I should be able to achieve my goal without feeling overwhelmed.



#### Relevant

Mauril was developed to provide an immersive learning experience to learn and practise a second official language. So, this specific goal aligns perfectly with my overall objective of increasing my level of bilingualism.



#### Time-bound

Since I will be doing this on a part-time basis, I will give myself 3 months to meet this goal. However, this deadline can change at any moment, according to my needs. It's important to adapt when needed to avoid feeling overwhelmed.

#### RECITING

Reciting forces you to actively engage with information. Writing things down helps when there's a lot of information. Space repetition out to review the same information at increasing intervals of time.

#### **STORYTELLING**

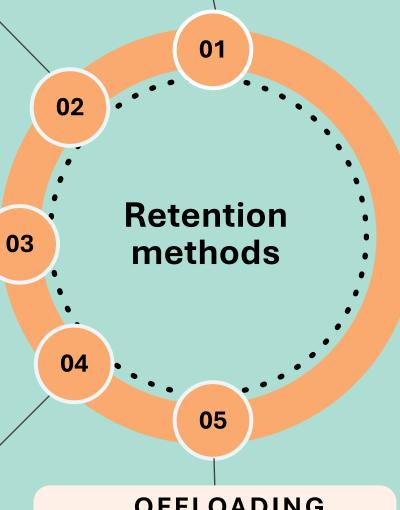
Imagery (making visual connections) and storytelling (sharing what you're learning) help you make stronger connections with information.

#### **SELF-CARING**

By taking care of yourself, you take care of your brain. Sleeping and moving your body is essential for your physical and mental health, reducing anxiety and resetting your brain capacity.

#### **MNEMONIC DEVICES**

Acronyms, acrostics and rhymes, help retain and recall information. You can also create a memory palace to map out a physical space to organize information.



#### **OFFLOADING**

During crunch time, offload information that is not relevant to what you're learning. Just because you can memorize something doesn't mean you have to.

#### **Mnemonic devices**

Use acronyms, rhymes or funny phrases!

For example, you can use the acronym "FANBOYS" to remember the coordinating conjunctions: **F**or, **A**nd, **N**or, **B**ut, **O**r, **Y**et, **S**o

### Reciting

Write it or say it!

For example,, every time you take a drink of water, repeat the rule explaining when to use "much" and "many": **much** is used with uncountable nouns, **many** is used with countable nouns. "So much excitement and so many adventures await us."

# **Storytelling**

Use personal and creative stories; do retellings and role-play!

For example, when learning about verbs in the past tense, you can write or tell a story about your childhood: "When I <u>was</u> a child, I <u>got</u> lost in the woods."

# **Self-caring**

Take regular breaks, exercise, meditate, sleep, use positive reinforcement!

For example, take a <u>break</u> every 25 minutes during study sessions: <u>walk</u>, <u>treat</u> yourself to your favourite snack and be <u>proud</u> of what you've accomplished.

# **Offloading**

Write it and forget it!

For example, use a **journal** or **app** to offload your passwords, grocery list and event dates.