

6 TIPS TO BE SUCCESSFUL IN SELF-DIRECTED LEARNING

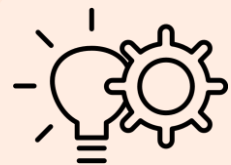
Extra tip! Keep a journal to help you stay organized and keep track of your goals, strategies and progress.



01.

Find a purpose

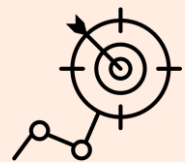
Find a purpose to give meaning to what you're learning and increase your curiosity and motivation.



02.

Determine your learning styles

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.



03.

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.

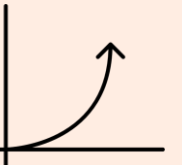
04.

Adopt retention methods



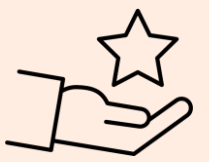
05.

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

Auditory Learner

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

LEARNING STYLES EXAMPLES

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

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).

Verbal Learner

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

Kinesthetic Learner

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



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

- 1
- 2
- 3
- 4
- 5

Specific

To begin my language learning journey, I would like to complete the content suggested in the [Mauril](#) 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.

