

L2L - Competences to be a self-directed learner

An invitation to reflect!

Under here you find a list of competences needed to direct your own learning. Read them and reflect on yourself. Do you feel you have these competences, or part of it, which ones do you still think you have to develop.....?

Take your time and use the spaces in between to make your notes.

You can also find someone else to do the reflection together!

- *Having an understanding of myself as being a non-dependent and self-directed learner.*
- *Knowing myself as a learner. (how do I learn (best))*
- *An ability to relate to peers in seeking and providing help regarding to learning activities.*
- *The ability to diagnose my own learning needs.*
- *The ability to translate learning needs into learning goals, plans, and activities.*
- *The ability to relate to teachers/trainers as helpers or facilitators and take initiative in making use of their expertise.*
- *The ability to identify human and material resources appropriate to different learning needs and goals.*
- *The ability to collect and validate evidence regarding the accomplishment of my learning objectives.*