There are many different types of learners out in the world today, and many people learn things differently. In my own words a self directed learner is someone who doesn’t ask for any kind of help. They are people that like to learn on there own. University of Waterloo says that self-directed learning is a four step process. They include “Assess readiness to learn, Set learning goals, engage in the learning process, and evaluate learning”. The steps that I just listed can be used as the essential aspects of self-directed learning. It starts with Assess readiness to learn. The text describes as “This step involves students conducting a self-evaluation of their current situation, study habits, family situation, and support network both at school and at home and also involves evaluating past experiences with independent learning”. Before we can do self-directed learning we have to do a self-evaluation of everything in our life. This will help us when we start the self-directed learning. The next step that is listed in the test is Set learning goals. We must be able to set learning goals. These goals will help us stay on track and focused on the main subject that’s we’re trying to learn.

Following that step is Engage in the Learning process. We as students must be engaged in the learning process if we are wanting to succeed in the learning process. Being engaged in the learning process also allows us to learn all the necessary tools we need for our future jobs. The last and final step the the process is going to be Evaluate Learning. I personally think that at this stage that we need to look at where we are and make sure we are still staying on target. My two biggest strengths as a student are being hands on and I ask a lot of questions. I believe that these will help me be a self-directed learner because these examples go hand to hand with active learning. Active learners ask questions and are engaged with asking questions. The two biggest weaknesses are finding where to start learning and getting my thoughts on paper. These affected self-directed learning because when I don’t know where to start or where to put my words down this makes tasks feel more overwhelming than normal. Being overwhelmed makes me not want to take that first step in the self-directed learning. IN the article *techniques for active learning* there are a few techniques listed that I will follow. They are “Talking to someone about the information you're learning, thinking about how the new information fits in with things you already know, and thinking about how you can use the new information in your studies and in your everyday life”. I will hold my self accountable by making sure that I am checking up on my self every so often so I understand what I am trying to learn.

Word Count: 485

The University of Waterloo Centre for Teaching Excellence. (n.d.) Self-directed learning: A four-step process. Retrieved from <https://uwaterloo.ca/centre-for-teaching-excellence/teaching-resources/teaching-tips/tips-students/self-directed-learning/self-directed-learning-four-step-process>

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