Self-directed learning is the ability to study or learn on your own, without tutoring or running classes. It is the ability to essentially self-study the work in your curriculum as opposed to being teacher led.

The essential aspects of self-directed learning includes discipline, the ability to self-motivate and the ability to work through the coursework and digest the contents thereof without someone else breaking it down and explaining it to you.

My two biggest strengths as a student are self-motivation and grit. I can easily get myself to focus and study, and I can manage difficult work quite well even when I am struggling I do not give up and I work through it until I get it right.

Being able to motivate myself to work means I will be able to handle the flexible schedule and freedoms of a self-directed learner and be able to manage the course workload without external pressures. Having grit will enable me to handle the ever increasing difficulty of work over the duration of my degree quite well.

My two biggest weaknesses as a student are taking time off and worrying. I tend to overwork myself, in my job and with my studies; I tend to push too hard and avid taking time off or resting. I tend to also obsess over my work and constantly worry about it, causing anxiety.

These weaknesses can affect my readiness to be a self-directed learner negatively as I can easily burn out if I do not focus on self-care.

Three strategies I can utilize to become a more self-directed learner are:

1. Create a schedule that includes off time or rest days.
2. Complete my work ahead of deadlines so that I do not worry and cause anxiety, but rather remind myself that I am in control of my coursework, that everything expected of me has been done.
3. Ensure I have a support system of people to reach out to should I feel burnt out, overstressed or overworked, as no one can do everything alone.

I will hold myself accountable for my growth as a learner by regularly reflecting back and reminding myself of where I started and how far I have come, while never losing sight of how far I still have to go as a way to motivate myself to keep going. Practical ways of doing this is documenting my study journey, reviewing my learning journals, keeping track of my grades, making notes of all that I have learnt, and reminding myself of these whenever I feel anxious.

Word Count (427)