





Self-directed Learning		Self-regulated Learning
 	Similarities	 
	<ol style="list-style-type: none"> both are seen in two dimensions <ol style="list-style-type: none"> external/process/event; internal/personality/aptitude; both have four key-phases: defining tasks - setting goals and planning - enacting strategies - monitoring and reflecting; active participation; goal-directed behaviour; metacognition; intrinsic motivation. 	
	Differences	
<ol style="list-style-type: none"> originates from adult education; practiced mainly outside traditional school environment; involves designing learning environment; involves planning learning trajectory; broader macro-level construct. 		<ol style="list-style-type: none"> originates from cognitive psychology; practised mainly in school environment; task usually set by teacher; narrower micro-level construct.