

What is Self-Directed Learning

The philosophy of self-directed learning (SDL) recognizes that with some guidance, adult learners should be able to take responsibility for their own learning. The more active students are in determining their own needs and learning goals, the more effective their learning is likely to be.

Using a facilitated process, with self-directed learning students determine their own learning needs, how they will best set and achieve objectives to address those needs, how to select learning resources, and whether their learning needs have been met.

An overall goal of SDL is to increase the student's capacity to think and discover during the process of gaining knowledge.

It is the mutual role and responsibility of faculty and students to create a learning environment, to select learning resources, to facilitate and support learning, and to evaluate the learning and learning process.