



Tech 101-A Self Awareness

Unit 1-4: Self-Directed Learning

STUDY GUIDE

1. Review course structure.
2. Study chart on the Stages of Development in Becoming a Self-Directed Learner found at: <http://www.lbspractitionertraining.com/pd-courses/practitioners/working-with-adult-learners/266-26-stages-of-development-in-becoming-a-self-directed-learner>. Which stage of Self-Directed Learner are you? What are some things you can do to advance to the next level? Submit your answers to instructor.
3. Review the handout on the Self Directed Learning 4 Step Process. Write a reflective journal on how the self-directed learning process could benefit you not only in your studies, but in your future career (in industry).
4. Review the information found at <http://www.selfdirectedlearning.com/index.php/becoming-self-directed/activity-4-profile-your-genius> and create your own Personal Resource Profile (based on points A-G). Submit this profile to your course instructor.
5. Do “Activity 5: An Adventure in Self-Direction” found at <http://www.selfdirectedlearning.com/index.php/becoming-self-directed/activity-5-an-adventure-in-self-direction> and submit to course instructor.
6. Review the “Seven Agreements in SDL” found at <http://www.selfdirectedlearning.com/index.php/becoming-self-directed/activity-6-the-seven-agreements-in-self-directed-learning>. Perform the activities found under each agreement and submit to your instructor.
7. Answer questions on Self-Directed Learning Worksheet and submit to instructor for assessment.
8. Take Self-Directed Learning Quiz (in lab) and submit to instructor.
9. Create a learning contract and submit to instructor. Meet with instructor to discuss goals/values outlined in the contract and decide if they are achievable or if they may need revision.





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