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SELF-DIRECTED LEARNING: FOSTERING INDEPENDENCE IN EDUCATION

Abstract Self-Directed Learning (SDL) is an educational approach that emphasizes learners' active involvement in their own learning process. This approach encourages students to set their learning goals, choose learning strategies, and evaluate their progress independently. SDL fosters independence, critical thinking, and lifelong learning skills, enabling learners to adapt to various learning environments and challenges. It is particularly relevant in today's rapidly changing world, where the ability to learn autonomously is crucial for personal and professional development. SDL shifts the traditional teacher-led paradigm to a more learner-centered model, promoting self-motivation and self-regulation in education.

Keywords Self-Directed Learning, Learner Independence, Lifelong Learning, Critical Thinking, Self-Motivation, Learning Strategies, Personal Development, Professional Development, Learner-Centered Education, Self-Regulation.

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САМОСТОЯТЕЛЬНОЕ ОБУЧЕНИЕ: СОДЕЙСТВИЕ НЕЗАВИСИМОСТИ В ОБРАЗОВАНИИ

Аннотация Самостоятельное обучение (SDL) - это образовательный подход, который подчеркивает активное вовлечение учащихся в их собственный учебный процесс. Этот подход поощряет учащихся устанавливать свои учебные цели, выбирать стратегии обучения и самостоятельно оценивать свой прогресс. SDL развивает независимость,

критическое мышление и навыки обучения на протяжении всей жизни, позволяя учащимся адаптироваться к различным условиям обучения и задачам. Это особенно актуально в современном быстро меняющемся мире, где способность к автономному обучению имеет решающее значение для личного и профессионального развития. SDL меняет традиционную парадигму, ориентированную на учителя, на модель, более ориентированную на ученика, способствуя самомотивации и саморегулированию в образовании.

***Ключевые слова** Самонаправленное обучение, Независимость учащегося, Обучение на протяжении всей жизни, Критическое мышление, Самомотивация, Стратегии обучения, Личностное развитие, Профессиональное развитие, Личностно-ориентированное образование, Саморегуляция.*

Self-Directed Learning (SDL) is a progressive educational approach where learners take the initiative in their learning process, with or without the help of others. It involves learners setting their learning objectives, determining resources and strategies, and evaluating outcomes. SDL is vital in fostering independence and responsibility in learning, aligning with the needs of a dynamic and information-rich society. It prepares students not only for academic success but also for continuous personal and professional growth throughout their lives.

Foundational Concepts: SDL is based on the premise that learners are capable of directing their learning processes. It draws on theories of adult education and cognitive psychology, emphasizing the importance of motivation, self-efficacy, and metacognition in learning.

Implementation Strategies: Strategies for implementing SDL include creating learning contracts, facilitating access to resources, guiding learners in goal

setting and decision-making, and using technology to support autonomous learning.

Benefits and Challenges: Benefits include enhanced critical thinking and problem-solving skills, increased learner engagement, and adaptability to various learning situations. Challenges can include the need for significant learner motivation and the risk of learners feeling overwhelmed without structured guidance.

Applications in Various Educational Settings: SDL can be applied in various settings, from primary education to higher education and adult learning. It is also relevant in online learning environments and professional development programs.

Future Trends and Research Directions: With the advancement of educational technology and the growing emphasis on personalized learning, SDL is gaining more prominence. Future research may focus on effective SDL strategies in digital learning environments and the development of SDL skills from an early age.

Conclusion

Self-Directed Learning represents a shift towards more autonomous, personalized, and lifelong learning. It empowers learners to take charge of their educational journey, fostering skills that are crucial for success in an ever-changing world. While it presents certain challenges, the benefits of increased independence, motivation, and adaptability make SDL an essential component of modern education. As educational paradigms continue to evolve, SDL will play a significant role in shaping future learning experiences.

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