

## Are You a Dependent or Independent Learner?

How independent are you as a learner? The more of these questions that you answer with yes or with a self-directed strategy, the more independent you are.

### Pay attention to your level of motivation.

- Do you take course assignments and run with them, or do you do the minimum in a perfunctory way?

### Participation

- Do you come to class prepared?
- Do you come to class on time?
- Do you participate in class discussions?
- Do you not only read the assignment, but learn from it, remember it, and make it your own?

### Degree of Self-Direction

- Can you move beyond the teacher as an authority figure who dictates the learning cycle?
- Can you take an assigned or suggested project, develop it, and relate it to the course?
- Can you explore a topic on your own, or do you always need a series of steps to follow?
- How much detailed direction do you require? Must everything be spelled out in detail – exactly what to do, when it is due, how many points it is worth? Can you ask for this if not provided?

### Stepping Up to the Task

- How well do you perform when asked to take initiative in an assignment?
- Are you stopped by the first obstacle? Do you find ways to continue?

### Collaborative

- How well do you work with others on group projects?
- Can you take and share leadership in group settings?
- Can you take a project, define it, break it into tasks, schedule the tasks so that the group completes them, and finish the project on deadline, up to standard, and with an internal understanding of why it was important?

### Practise – Take Control

- Can you practise on your own to assimilate the skills necessary to the subject?
- Or does the practice have to be mandatory and directed by the teacher or others?

### Steps – One at a Time

In the case of being a dependent learner, to what extent does your dependency result from a lack of skills (which you are learning), and to what extent do they result from a lack of interest, low confidence, low motivation, and discouragement?

### To what extent do you want to take charge of your own learning?

Self-belief has been proven to translate to success. Increase your independence starting right now. It is up to you to be self-directed and independent.