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Learning Strategies Autonomy, and Associated Factors.

1. Autonomy

Benson (2011, p. 58) proposes that autonomy can be best defined as a capacity to control one's own learning. The difference between the two definitions lies in the use of "capacity" rather than "ability (which reflects Holec's usage in other contexts), and the use of "control", rather than "take charge". "Control" is preferred largely because it links the theory of autonomy to other areas of language learning theory that deal with control.

Autonomy is a capacity – for detachment, critical reflection, decision-making, and independent action. In common usage the word "autonomy" denotes a significant measure of independence from the control of others. The concept of learner autonomy implies that the learner enjoys a high degree of freedom. (Little, 1991).

Learner autonomy is a term that refers to a student's ability to shape and direct their own learning process independently. It's a self-directed, or self-regulated, learning approach which requires an individual to take responsibility for their education without relying entirely on the guidance of an instructor. Students should be responsible for: determining what they learn and how they learn it; managing their time; setting goals; and selecting the most appropriate learning resources for their needs.

2.2 The advantages of promoting learner autonomy on educational platforms

The advantages of promoting learner autonomy through educational platforms are numerous. Below, we share some of the most important:

1. Improves engagement and information retention

When students have control over their own learning process, satisfaction and morale levels increase, encouraging them to feel more engaged with the content. This autonomy gives them the freedom to explore topics that truly matter to them, which in turn leads to greater knowledge retention.

2. Develops lifelong learning skills

The benefits of learner autonomy are not only limited to the educational environment – they also encourage the development of valuable skills in students' personal and professional lives. These skills can include greater self-direction, adaptability, or time management.

1. Improved performance and productivity

By directly involving students in their learning process and urging them to discover new knowledge, learner autonomy instills a natural drive to excel, increasing both productivity and performance. This is an especially important advantage in the field of corporate training, since an organization with outstanding employees automatically becomes more competitive.

4. Personalized learning

Autonomy allows students to personalize their learning experience according to their individual style and pace. Naturally, this leads to more effective learning, as each student can then focus on the specific areas that

need the most attention.

2.3 Strategies to develop learner autonomy in online courses

1. Set individual goals

To promote learner autonomy, you need to begin by defining personal goals. Invite students to establish well-defined goals and develop an action plan to achieve them. Remember that goals should be clear and realistic, as this will help promote self-reflection and self-discipline.

2. Facilitate resources

Online training offers a wide array of useful resources designed to enhance learning and make it more attractive. Be sure to provide students with access to these resources, which can include videos, infographics or interactive activities, so that each one can choose the format that best suits their learning style.

3. Encourage collaboration

Learner autonomy shouldn't mean that collaboration is forgotten about. On the contrary, by encouraging students to participate in online discussions, group projects, and interactive team activities, social autonomy is promoted and enhanced. Team activities allow students to choose from a range of social situations, which allow them to learn to work autonomously within a group context.

4. Provide the right technological tools

Despite the independent nature of this approach, it's important to provide students with tools that help them nurture their autonomy in a natural and intuitive way. Learning management platforms (LMS) are ideal environments for this, as they provide access to a host of educational resources, accommodate customized learning, and offer plenty of easy-to-use assessment tools such as quizzes or exercises. These help students focus on learning areas that need further reinforcement, and locate the most relevant content for their needs.

2.4 Associated factors

Factors that influence the effectiveness of language learning strategies include motivation, age, personality, self-confidence, experience or multilingualism, learning styles, aptitude, native language, teacher and course book, time-management, Additionally, affective factors such as tension, anxiety, motivation, self-confidence, self-image, and self-efficacy can impact language proficiency and the use of language learning strategies. Individuals have different variables like motivation, gender, and personality also play a role in the choice of learning strategies. Furthermore, the use of grammar learning strategies, self-efficacy, and learner autonomy have a positive relationship with academic success. Acquiring extensive knowledge and skills through learning is a continuous process that enhances our lives positively and gives us more power to face challenges. Moreover, it's important to recognize that the learning process is influenced by a wide range of factors that extend beyond textbooks and

classrooms.(Oxford, R. L., & Nyikos, M. ,1989).

2.4.1 There are many factors that affecting learning process and how can enhance students' ability to learn effectively_ :

(<https://drstudylearning.com.au/what-are-the-factors-that-influence-learning/>)

1. Motivation and Engagement

Motivation is the fuel that drives the learning engine. Without it, the learning process can become a struggle for students. An individual's genuine interest in a subject matter can lead to more profound learning experiences, while external rewards or pressures may provide short-term motivation but often yield less effective long-term results.

2.Cognitive Abilities

Cognitive abilities, such as memory, attention, problem-solving, and critical thinking, vary among individuals. These abilities can influence how quickly and deeply one can absorb and apply new information. Understanding and accommodating these differences can help create a more inclusive and effective learning environment.

3.Emotional and Mental Health

Emotional and mental well-being play a substantial role in the factors affecting learning process. Stress, anxiety, and other emotional factors can impede concentration and hinder learning. Supporting mental health and providing strategies for managing stress are essential components of effective education.

4.Socioeconomic Background

Socioeconomic factors, such as access to educational resources and extracurricular activities, can impact a learner's opportunities and experiences. Addressing disparities and promoting equal access to education are crucial steps in ensuring that all individuals have a fair chance to succeed in the learning process.

5.Social Interactions

Social interactions can have a profound impact on the learning process. Collaborative learning, group discussions, and peer feedback can enhance understanding and promote deeper learning. However, negative social influences or distractions can also affect concentration and engagement.

6.Teaching Methods and Strategies

Effective teaching methods are pivotal in facilitating the learning process. Teachers and educators need to employ a diverse range of teaching strategies to cater to various learning styles. Utilizing interactive activities, hands-on experiences, and multimedia resources can engage learners more effectively than traditional lecture-style teaching.

7.Prior Knowledge and Experience

The knowledge and experiences individuals bring to the learning process act as a foundation upon which new information is built. Recognizing and tapping into this prior knowledge can help educators tailor their teaching

methods and ensure that new concepts are integrated seamlessly with existing ones.

8. Learning Environment

The physical and social environment in which learning significantly factors affecting learning process. A comfortable, well-equipped classroom or a quiet, distraction-free study space can facilitate better focus and retention. Equally important are positive social interactions and a supportive atmosphere that encourages questions and exploration.

2.4.2 Other Factors Influencing Language Learning Strategies :

1. Intellectual Factor

Intellectual factor refers to the unique mental capacity of the individual. The level of one's intellect has been shown to have a strong correlation to one's academic success. Students with low intelligence levels frequently struggle mightily when attempting to master their assigned schoolwork. There are instances in which students are unable to learn due to special intellectual disabilities.

2. Learning Factors

Any student's learning process can be hindered by a variety of factors, including a poor grasp of the material that has been presented, inefficient ways of working or studying, and a limited range of prior experiential knowledge. The pace of instruction at the school is too fast, and that teachers don't regularly assess whether or not students are grasping the concepts being presented to them. In this scenario, the student will accumulate shortcomings, interrupting their ability to make satisfactory progress. A lack of reading comprehension or an inability to communicate effectively in English may also contribute to poor performance .

3. Physical Factors

The terms "health," "nutrition," and "physical development," visual and physical defects," are all included in this category of factors. It can slow down a person's physical and learning development. Reading and spelling are two examples of the many skills that are significantly more difficult for students who have visual, auditory, or other physical abnormalities., because of that the health of the learner is likely to have an effect on both his capacity to learn and ability to focus.

4. Mental Factors

Mental factors include one's attitude, both kinesthetic and organic. The formation of a person's personality is also heavily influenced by their attitudes that have a stimulative effect on the rate of teaching and learning strategies, as well as the advancement made in school. These mentalities include things like affection, cheerfulness, and interest. Maintaining a positive mental attitude makes learning easier.

5. Emotional And Social Factors

Motivation's complex psychology is directly related to both individual factors such as emotions and social factors. A number of the students'

constant unhappiness can be attributed to their constant fear of receiving the rejection of both their instructors and their peers. This is an unwholesome attitude that has a significant impact on the process of learning and needs to be avoided.

6. Personality of a Teacher The teacher, as a distinct individual with their personality, is an essential component of the learning environment and plays a significant role in the success or failure of the student. The most important aspect of a teacher's job is not the day-to-day execution of responsibilities but rather the capacity to guide and motivate students by virtue of teacher's moral character and setting an example for them to follow. If a teacher has a temper, it will be impossible for them to inspire Students who look up to, appreciate, and are enthusiastic about a teacher who is happy, sympathetic, and cheerful.

7. Environmental Factor

A learner's environment is the social and physical setting in which they engage in education. Consequently, the learning setting is a factor in the success of the learning process as a whole. The actual classrooms, the textbooks, equipment, and supplies used in the classroom, as well as other medium of instructional can be included as part of the environmental factors to conduct an effective job of teaching at a facility that is of low quality and lacks enough resources is difficult.

2.4.3 The benefits of associated factors

Associated factors in learning refer to various elements and conditions that influence the effectiveness and outcomes of learning strategies. These factors can facilitate the learning process. Understanding these factors is crucial for designing and implementing effective learning strategies. Here are some associated factors in learning strategies and their benefits:

1. Enhanced learning outcomes: By addressing these factors, learners can optimize their learning experiences, leading to improved understanding, retention, and transfer of knowledge and skills.

2. Increased engagement and participation: Considering these factors promotes active engagement, motivation, and participation in learning activities, creating a more positive and immersive learning experience.

3. Personalized learning: Taking these factors into account allows for the customization of learning strategies based on individual needs, preferences, and learning styles, facilitating effective and personalized learning experiences.

4. Development of lifelong learning skills: By understanding how these factors influence learning, individuals can develop metacognitive skills, self-directed learning abilities, and problem-solving capabilities that extend beyond specific learning tasks, enabling lifelong learning.

In summary, considering associated factors in learning strategies helps create an optimal learning environment, enhances motivation and engagement, and promotes personalized and lifelong learning.