

Self-Directed Learning Videos


Self-Directed Learning Videos are one of three evidence-based strategies developed and tested by the Postsecondary Teaching with Technology Collaborative in online STEM courses. This document provides an overview.

Short videos with corresponding reflection questions introduce key self-directed learning (SDL) skills to students and invite them to reflect on how they can practice these skills in their courses. As students watch the videos, they will build their own **motivation** through an improved sense of belonging and a growth mindset, and practice time management. These mindsets and skills—fostering sense of belonging, developing a growth mindset, and structuring learning time effectively—ease students’ sense of isolation, promote engagement, and help students manage their time—contributing to improved student outcomes.

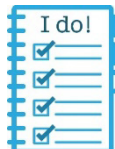
Integrating the videos at the beginning of the course, with a corresponding reflection activity, familiarizes students with critical motivational and applied learning processes and helps them plan to use them.

Each video should take students about 20 minutes to complete, with 10 minutes to view the video and 10 minutes to reflect.




Instructors can embed the reflection questions in a discussion board prompt, student survey, or course assignment. The table below provides YouTube links for the videos, a brief overview of intended outcomes, and recommended frequency and timing.



Videos build students' motivation. Doing schoolwork requires motivational processes. Videos encourage students to use these processes.



Videos help students put plans into action. Managing schoolwork requires applied learning processes. Videos encourage students to use these processes.

Video	QR code	SDL Skill/Mindset Description	Timing
<u>Video 1: Building Classroom Connections for Success</u>		Develop a sense of belonging: Many students struggle to feel like they belong in online STEM courses, and this video shares strategies to help build a sense of belonging.	First week of the course
<u>Video 2: Managing Your Learning Time</u>		Plan for Learning: Structuring learning time is vital to success in a course, including spacing learning across a semester.	Within the first 2 weeks of the course
<u>Video 3: Developing a Growth Mindset</u>		Build confidence and self-efficacy: Students with self-efficacy feel they can overcome obstacles to achieve their goals; they exhibit a growth mindset.	After the first major assignment or assessment

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The research reported here was supported by the Institute of Education Sciences, U.S. Department of Education, through Grant R305C210003 to SRI International. The opinions expressed are those of the authors and do not represent views of the Institute or the U.S. Department of Education.

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