



# **Self-Direction in Adult Learning: Perspective on Theory, Research and Practice (Theory and Practice of Adult Education in North America Series)**

*Ralph G. Brockett, Roger Hiemstra*

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A self-directed learner is one who takes responsibility for his or her own learning. *Self-Direction in Adult Learning* provides the reader with a comprehensive synthesis of developments, issues and practices in self-directed learning. Emphasizing autonomy and personal development, self-direction is now considered an important element in courses from external degrees to literacy training and continuing professional development. This book analyzes current theory and research trends and offers an examination of key strategies for applying principles of self-directed learning in practice.

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