

Developing a self-directed learner



Self-directed learner

from an efterskole perspective

- Participants of the study trip to Tallinn were introduced to Liina Kitt during a workshop, and now you have the opportunity to take part in a two-day course.
- The course will primarily focus on learning processes, mapping individual learning characteristics and improving collaboration skills.

Kursussted

Brogaarden, internat

Dato

21. - 22. oktober 2025

Formål

- To provide participants with insight into the theory and methods behind *Self-directed learner*. The aim of the program is to increase students' self-awareness in order to build a solid foundation for learning at the efterskole and later in life.
- Participants will work on translating the methods into their own efterskole context.

Indhold

- Me as a learner
- The cooperative self
- The conscious self

Målgruppe

Teachers and leaders

Content

- The word “learning” has a much deeper meaning than it might seem at first. Beneath it lies a broad range of different skills that need to be developed before self-directed learning can truly take place.
- With this in mind, the focus of our two-day seminar will be on self-directed learning, where we will explore two key themes in greater depth: learning strategies [cognitive, metacognitive, and resource-management strategies] and goal orientation.
- Having spent seven years teaching learning skills to tenth-graders, I’ll also incorporate hands-on practice alongside the theoretical background. You’ll have the opportunity to try out exercises that can be useful in your work with students—for example, setting goals for long-term projects and breaking them into manageable chunks; understanding how much time you have [so you don’t take on too many tasks at once]; finding motivation; and much more.
- You can also look forward to plenty of paired and group work during the seminar.

Program

21.10.25	
08.30 – 09.00	Arrival and coffee
09.00 – 10.30	Course start Introduction and warm-up for the day
10.30	Pause
10.45 – 12.15	Me and learning
12.15	Lunch
13.00 – 14.30	Important things to remind myself about learning and motivation – effective strategies
14.30	Pause
14.45 – 16.00	Learning in my lesson
16.00	Pause
16.15 – 17.15	Discussion and summary of the day
17.30	Dinner and afterwards socializing

Program

22.10.25	
07.30 – 8.30	Breakfast
09.00 – 9.45	Course start Warm-up for the day
09.45	Pause
10.00 – 11.30	Time management methods
11.30	Lunch
12.15 – 13.45	Techniques for reaching your goals
13.45	Pause
14.00 – 15.00	Discussion and summary of the day
15.00	Evaluation
15.30	Course finished

Praktiske oplysninger

Overblik	
Kursussted	Brogaarden, Abelonelundvej 40, Middelfart.
Dato	20. - 21. okt. 2025
Tilmeldingsfrist	Tilmelding senest d. 15. sept. 2025
Deltagerpris	Kr. 4.400,- som dækker forplejning og overnatning på enkeltværelse
Deltagerantal	Min 20 – max 30
Betaling	Der fremsendes en faktura i forbindelse med tilmelding
Framelding	Tilmelding er bindende efter d. 15. sept. Betaling refunderes ikke efter den dato
Kursusledere	Mikkel Grønne mg@efterskolerne.dk og Karin Skjøth ksk@efterskolerne.dk
Undervisere	Liina Kitt, Estland.

Underviser

Liina Kitt

- Liina designs and facilitates professional learning circles for practicing teachers on social and emotional skills. Developing general competencies in both students and teachers is her true passion.
- Liina also works at Viimsi Gymnasium, where she teaches and co-develops the course "Self-Directed Learner." She has been working as a teacher since 2011. Although she began her career as a German language teacher, over the years she has also taught the basics of research work, intercultural communication, social entrepreneurship, and event and project management. In addition, she has served as a project manager, and coordinator for research and practical student projects.
- Liina holds a master's degree in educational sciences (Tallinn University) and has completed a three-year training program as a "Supervisor and Coach, Psychodrama Practitioner" (MTÜ Moreno).

