

## **Using Self Regulated Learning and ICT to Promote Learner Autonomy**

**Abdelaziz Zohri**

La Faculté des Sciences de L'Education (Morocco)

[zohri01@gmail.com](mailto:zohri01@gmail.com)

### **Abstract**

At the end of last century, research in cognitive psychology has swung the pendulum towards the learner and emphasized the need for active, autonomous learners who would assume responsibility for their own learning. However, gaining insights from research and turning theories into practical teaching models that would guide teachers towards optimal performance has always been a hard feat. The main concern of this presentation is to couple theory and practice towards the aim of providing teachers with practical ideas that will help them engage their students inside and outside the classroom. Using practical research findings from self-regulated learning (Zimmerman and Schunk 1989), learning autonomy, learning strategies and ICT, the presenter has developed a set of teaching techniques and activities to engage students inside and outside the classroom. The main objective of these activities is twofold:

1. To make learners aware about their learning strategies and show them that they can become masters of their own learning.
2. To show learners that there are plenty of sources outside the classroom which can provide them with excellent opportunities to learn and improve their English.