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Overview of the Study

This study investigated the types of **self-directed learning (SDL)** skills that learners apply when learning a language out of the classroom with systems like Duolingo. It also explored how the design and delivery of Duolingo can support and facilitate student SDL.



Context of the Study

- Learning with technology (e.g. Duolingo) in an out-of-classroom context is often challenged by the absence of instructors and lack of guidance.
- Therefore, it demands a much higher level of self-directed learning (SDL) ability for the learners to be successful.
- White (1995) suggests that learners need to have strong independence, autonomy, and control to self-manage learning and make their own decisions in distance language learning.

Research Question How do Duolingo learners self-manage their learning? What self-monitoring strategies are employed by Duolingo learners to overcome challenges and frustrations related to learning foreign languages with Duolingo? What motivating factors underpin the decisions of learners to learn a foreign language with Duolingo?

Garrison's (1997) Framework of SDL Self-management is the task control ability that is associated with

- Self-management is the task control ability that is associated with external activities, such as time, resources, and goal management.
- Self-monitoring is the cognitive and metacognitive process of establishing learning strategies and learning paces.
- Motivation can initiate and sustain learning efforts towards cognitive goals (Garrison, 1997).

Study Design

The 10 research participants represented a wide range of age and ethnic groups.

Participants of this study were screened and identified through the previous survey that was distributed through the Duolingo forum, an online language community using Discord, as well as through postings on Facebook pages, emails, and WeChat groups. The interviewees' demographics are listed in Table 1.

Interviewce	Gender	Country	Notive Language	# of years using Duolingo	Languages learned through Duolingo
PI	м	Mexico	Spanish	More than 5 years	English, French
P2	м	United States	English	1 – 3 years	Japanese
P3	F	China	Chinese	Less than 6 months	Japanese
P4	F	Costa Rica	Spanish	6 months – 1 year	Portuguese
P5	F	Chine	Chinese	1 – 3 years	French
P6	F	Indonesia	Indonesian	6 months – 1 year	French, German, Spanish
P7	м	Germany	German	6 months – 1 year	Chinese
P8	F	United States	English, French, Spanish	6 months – 1 year	Ambic
P9	м	United Kingdom/ Singapore	English	6 months – 1 year	Chinese, Indonesian, Spanish
P10	F	Singapore	Malay	Less than 6 months	Inconese

Self-management

- Specific goals can lead to improved performance, and learners' learning goals can be self-initiated or technology-defined.
- Distractions from daily living may make time management difficult, both physically and psychologically.
- A single MALL tool like Duolingo is not enough to master a language in all dimensions; as a result, they seek and manage other resources to complement their learning.
- Both human and material resources can be used to complement Duolingo learning.

Self-management



"I think my biggest suggestion, as I mentioned a little earlier, is just don't use Duolingo as your only resource. Because particularly nowadays or for any language, there are so many other resources out there and there are certain things that each of them does better or worse than the others."

Interviewee #2

"My opinion on that is since Duolingo is a non-human system, I think to have a human tutor at the end of a section would actually be a nice relief, a nice change of pace."



Interviewee #9

Self-monitoring

- Learners self-monitor their learning process through feelings of knowing, content evaluation, and the judgment of the adequacy of information available. Learners can spontaneously recognize the content they learned in Duolingo when they unconsciously encounter the language in daily life. However, they fail to recall the entire knowledge base that they learned with accuracy or completion.
- Learners highly rely on technology to monitor their learning through habit reinforcement and tracking.

"Well, what I can do now is when somebody is talking in French, I know that is French. I can identify some really simple French dialogue when somebody says it."

Interviewee #5

Motivation

- Learners are mostly driven by intrinsic needs and interests, such as culture, travel, and brain training.
- Learners use tools like Duolingo to gain a sense of achievement and fulfillment through maintaining streaks, progressing learning, organizing events, and socializations.

"Because sometimes you just lay on your bed, watch some operas or reality shows

and do nothing, but then your Duolingo pops and you'll learn French for five minutes, and you feel really good about yourself. I don't think people will interpret this way, but it helped me to build up this positive energy for life."





Discussion

- Böhne et al. (2002) indicated that students struggled in a web-based learning environment due to a lack of ways to obtain help when needed.
- Tutor support is crucial in SDL because a tutor can facilitate planning the learning process, clarify content, and even provide technical support (Böhne et al., 2002).
- The lack of research on resource management strategies might be due to the fact that most prior research either took place in formal learning settings where teachers are present and can provide both human and material resources or investigated what resources learners use towards a target language (e.g. English).

Discussion

- Findings indicate that learners seek an integration of internal and external evaluations to self-monitor and make judgments of the effectiveness of their learning process.
- Finding suggests that language learning tools might be designed to align with language standards to improve the accuracy of learners' selfevaluations of their learning processes and accomplishments.

Discussion

- This study found that nine of the ten interviewees were strongly driven by Intrinsic motivators, such as social engagement and personal interests, though extrinsic motivation such as for school or obtaining a VISA may also exist.
- It suggests that curriculum developers and instructional designers may seek a way to bridge students' language learning requirements with the students' Innate Interests and needs, such as socialization.
- By doing so, it might close the gap between students' highly desired learning of languages often pursued informally with their academic needs in formal classroom settings.



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