

Classroom Format: Every class session will consist of interactive lectures, student presentations, discussions, and other group activities.

## **Learner Autonomy (ELECT / 2 cr.)**

### **Instructors:**

Satoko Kato, kato-s@kanda.kuis.ac.jp

Jo Mynard, joanne-m@kanda.kuis.ac.jp

and Hisako Yamashita, hisakoyamashita@gmail.com

### **Course Dates**

7/23 (Sat. 15:00-20:00)	7/30 (Sat. 15:00-20:00)
8/27 (Sat. 15:00-20:00)	9/10 (Sat. 15:00-20:00)

*Note:* Additional online work equivalent to **4 hours** will be provided through online discussion. In each session (1-4), the live class will take place from 15:00 to 19:00. Video presentations/lectures and related tasks are scheduled from 19:00-20:00.

### **Course Overview**

This course introduces students to the field of language learner autonomy by exploring the key theoretical ideas, practical approaches and research agendas. It begins with the origins, definitions and theoretical underpinnings, and unpacks dimensions such as learning management, affective factors, social factors, resources and strategies. The course also has a very practical element and examines practical approaches to fostering autonomy both inside and outside the classroom. It examines resource-based approaches, learner development, curriculum-based approaches, ways to research autonomy, and the roles and development of teachers and learning advisors.

### **Course Objectives**

At the end of the course, students should be able to:

- define learner autonomy.
- provide a basic overview of some of the dimensions associated with learner autonomy (i.e. learning management, social factors, affective factors, learning strategies, reflection).
- discuss the roles of teachers in promoting learner autonomy.
- explain what advising is and how it is different from teaching.
- identify ways to research learner autonomy.

## Course Schedule

Session	Topic/Tasks/Theme/Readings
1	<p>Instructor: Jo Mynard</p> <p>Class content</p> <ol style="list-style-type: none"><li>1. Theoretical underpinnings of learner autonomy</li><li>2. Practical applications (1): Learning management, learner training/development, learner autonomy in the curriculum</li></ol> <p>Supplementary activities and reading (see Google Classroom for links and details)</p> <ol style="list-style-type: none"><li>1. Read Benson (2011), Chapters 7 to 10 (pp. 123-162)</li></ol> <p>Graded work:</p> <ol style="list-style-type: none"><li>1. Answer one or more of the assigned reflection questions by making a post in Google Classroom.</li></ol> <p>Optional</p> <ol style="list-style-type: none"><li>1. Quiz</li><li>2. Recorded lecture by Professor David Little</li><li>3. Video interview with Phil Benson</li><li>4. Video recording of Dorte Asmusen's autonomous classroom</li></ol>
2	<p>Instructor: Jo Mynard</p> <p>Class content</p> <ul style="list-style-type: none"><li>● Theme 1: Researching aspects of learner autonomy: How do we know if our learners are becoming autonomous?</li><li>● Theme 2: Supporting learner autonomy beyond the classroom: Self-access learning, mobile learning, interest-driven learning, community-based learning</li></ul> <p>Assigned readings/videos (see Google Classroom for links and details)</p> <ol style="list-style-type: none"><li>1. Recorded video: Researching autonomy: Examples and approaches.</li><li>2. Article: Curry et al. (2017). Evaluating a self-directed language learning course in a Japanese university. <i>International Journal of Self-Directed Learning</i>, 14(1), 37-57.</li></ol>

3. Article: Cooker, L. (2010). Some self-access principles. *Studies in Self-Access Learning Journal*, 1(1), 5-9.
4. Recorded video: JASAL: Supporting a Growing Self-Access Community in Japan by Katherine Thornton (2021).
5. Chapter: Mynard, J. (2019). Advising and self-access learning: Promoting language learner autonomy beyond the classroom. In H. Reinders, S. Ryan, & S. Nakamura (Eds.) *Innovations in language learning and teaching: The case of Japan* (pp. 185-220). Palgrave Macmillan.

#### Graded work

1. Design a self-access facility. This may be an annotated sketch, infographic, or written description.

### 3 Instructor: Hisako Yamashita

#### Class content

1. Affect, motivational and social aspects
2. Practical applications (2): Supporting affect and motivational factors

#### Supplementary activities (see Google Classroom for links and details)

1. Task: Try an activity with your students and write a reflection.
2. Read Oxford (2011) Chapter 3 (pp. 61-84)
3. Read Benson (2011) pp. 83-91
3. Read Murray (2014) Chapter 1 (pp. 3-11)
4. Read Yamashita, H. (2015). Affect and the development of learner autonomy through advising. *Studies in Self-Access Learning Journal*, 6(1), 62-85.

#### Graded work:

- Design and conduct an activity with the students and write a reflection.
- 2.

### 4 Instructor: Satoko Kato

#### Class content

1. Teacher roles and teacher autonomy
2. Advising in language learning
3. Practical applications (3): Teacher development through reflective dialogue

Supplementary activities and reading (see Google Classroom for links and details)

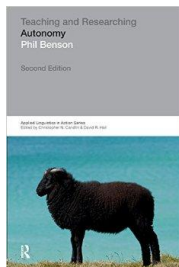
1. Chapter 13 (pp.185-196) of Benson
2. [Carson & Mynard \(2012\)](#), Introduction (pp. 3-25) from Mynard & Carson (2012)
3. [Mozzon McPherson](#), Chapter 3 (pp. 43-64) from Mynard & Carson (2012)
4. [Kato & Mynard \(2016\)](#), (pp. xv-xxii, pp.1-19, Appendix 1.1, pp.20-28)
5. Pre-class task: Draw your picture of life

Graded work:

Conduct an advising session with a colleague and write a reflection

### Pre-course Reading / Assignments

- Read the introduction of Benson (2011) (pages 1-2)
- Read chapters 1 and 3 of Benson (2011)
- Watch “An introduction to Learner Autonomy”  
<https://www.youtube.com/watch?v=JwyVRjxNfBs>



**Reference book** (available in the MA TESOL library and online library)  
**Teaching and Researching Autonomy in Language Learning, 2nd ed.**

**Authors:** Benson, P.

**Publisher:** Pearson

**Published:** 2011

**ISBN:** 1408205017 / **ISBN-13:** 978-1408205013

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### Assignments and assessment

- Online discussion participation in Google Classroom (15%)
- Class participation (15%)
- Assignments (30%)
- Course Final paper (40%)

### *Final Paper*

1. Choose one concept within the field of autonomy that particularly interests you (e.g., identity, learning management, social factors, affective factors, learning strategies, reflection, attention, advising). You may refer to lecture notes or notes from other reading you have done.
2. Using an academic writing style with relevant references to the literature, write a brief summary of some of the main points related to your chosen concept.
3. Relate the theory to your own professional development and/or professional practice related to the field of learner autonomy: How might you apply some new ideas to your practice?

**Due:** September 30th, 2022

**Maximum length:** 1500 words

**Evaluation:** Letter grade

### **Instructor Bios**

**Satoko Kato** is a Senior Education Coordinator/Lecturer, at the Research Institute for Learner Autonomy Education (RILAE), Kanda University of International Studies (KUIS), Japan. She has conducted over 3,800 advising sessions as a learning advisor and currently focusing on developing and implementing advisor education programs for advisors/teachers, domestically and internationally. She holds a Ph.D. in Education from Hiroshima University and an M.A. in TESOL from Teachers College, Columbia University, New York. She has co-authored two books, *Reflective Dialogue: Advising in Language Learning* (with Jo Mynard), and the *English Learning Planner* (with Hisako Yamashita).

**Jo Mynard** is a Professor, Director of the Self Access Learning Center (SALC), and Director of the Research Institute for Learner Autonomy Education (RILAE) at Kanda University of International Studies. She has an M.Phil. in Applied Linguistics from Trinity College, University of Dublin, Ireland and an Ed.D. in TEFL from the University of Exeter, UK. She has co-edited and co-authored several books on language learner autonomy, social learning spaces and advising and is one of the founding editors of *Studies in Self-Access Learning Journal* and the *Journal for the Psychology of Language Learning*. She is particularly interested in research related to advising, self-directed language learning, language learning beyond the classroom / self-access language learning, and the social and affective dimensions of language learning.

**Hisako Yamashita** is an Associate Professor at Kobe Shoin Women's University and a former president of JASAL (the Japan Association for Self-Access Learning). She has conducted over 4,400 advising sessions with EFL learners and has worked in four different SALCs in Japan.

She also actively integrates learner autonomy in classroom activities. She has published in *New Ways in Teaching Speaking* 2nd edition (TESOL, 2019), *New Ways in Teaching Adults*, revised (TESOL, 2015), the English Learning Planner (KUIS Press, 2013-2015) and『英語教師のための自律学習者育成ハンドブック』(KUIS Press, 2021) co-authored with Satoko Kato.