



# The Benefits of Autonomous Learning



Learning a new language can be challenging, but using the right strategies can help. One popular strategy is autonomous learning. This means taking responsibility for your own learning, instead of only depending on teachers. Autonomous learners set their own targets and use different resources to learn, like books, apps, or online videos.

Autonomous learning allows students to access information anytime and anywhere. This way, they get more exposure to the language, which helps them improve faster. For example, if you want to get to know English better, you can join online groups, attend language events, or find resources that suit your interests.

Choosing favoured resources makes learning more enjoyable. For example, some people find that listening to English music or podcasts is more memorable than studying with traditional books. Precisely planning your study time can also make your learning more effective.

Being autonomous also means finding out what works best for you and making your own learning schedule. If you need help, you can always ask someone to assist you, but you should take the lead in your learning journey. Autonomous learning is all about making choices that help you reach your language goals.

**Read the statements below and decide if they are True or False according to the text.**

1. Autonomous learning means that students only study with teachers.
2. Autonomous learners can access information anytime and anywhere.
3. Planning study time precisely makes learning less effective.
4. Autonomous learning is about depending on others for your learning.
5. You can join online groups to get to know English better.

TRUE	FALSE

**Choose the correct word from the options to complete each sentence.**

1. Autonomous learners set their own \_\_\_\_ to achieve their goals.  
a) resources                      b) targets                      c) assistance
2. It's important to use different \_\_\_\_ like books and apps to improve your learning.  
a) strategies                      b) exposures                      c) resources
3. Planning your time \_\_\_\_ can help you learn more effectively.  
a) favoured                      b) precisely                      c) responsibility.
4. If you want more \_\_\_\_ to the language, you can listen to podcasts or watch videos.  
a) exposure                      b) access                      c) targets
5. Some people find listening to music more \_\_\_\_ than reading traditional books.  
a) autonomous                      b) memorable                      c) accessible

**Fill in the blanks with the correct words from the box.**

1. It is important to take an \_\_\_\_\_ approach to your learning.
2. You can \_\_\_\_\_ online groups to practice English more often.
3. One effective \_\_\_\_\_ is to use a variety of resources.
4. If you need support, you can ask someone to \_\_\_\_\_ you.
5. Autonomous learning allows students to \_\_\_\_\_ information anytime.

**Words:**  
autonomous  
access  
assist  
join  
strategy