

## **Language learning advising + Mindsets + Learning plans = autonomy?**

This ongoing research has examined the efficiency of using a practical materials pack of original Learning Advising Tools to systematically guide learners to become more autonomous in language learning. The preliminary research presented a seven-unit Personalized Learning Module (PLM) focused on simultaneously combining three key points: (1) Learning Advising, (2) Fixed/Growth Mindset training, (3) and teaching students how to filter out overwhelming internal and external information as an integral function of creating a personalized, targeted learning plan. Student feedback was collected through a Mistake Perception scale and open-ended feedback forms at the end of each unit regarding their reflections on the efficiency of the units, and surveys presented both prior to and at the end of the PLM implementation to track changes in student mindset, personal ability perception, and the ability to utilize to use growth mindsets in their lives.

