

## Language Learning Mindsets + Mindsets + Learning Plans = Autonomy?

Although speedy access to information has produced a new generation of learners, Generation Z, some still find it hard to make sense of an overwhelming amount of extrinsic and intrinsic sources of study information. The study aimed to help students better understand themselves through reflection, build a growth mindset, select key pieces of information from multiple sources and build a personalized learning plan. To this end, students, in groups, are trained using a seven-unit Personalized Learning Module (PLM). The focus is the students' views, feelings, and perceptions regarding the efficiency of using a PLM pack and their perceived improvement in mindsets and subjective well-being. Data was collected through open-ended student feedback forms regarding their reflections on the efficiency of the module, and surveys presented to track changes in their mindset and subjective well-being perception. Preliminary findings from the significance tests on the surveys indicated an improvement in growth mindset use and subjective well-being while the content analysis results from the student feedback forms suggest increased student awareness regarding goals, plans, efficient use of time and effort, new ways of solving problems, making decisions and asking questions, emotions (fears, moods), and adopting multiple perspectives. As such, this PLM implementation offers ideas about the importance of slowing down in this technology era, reflecting, growing, and understanding oneself.

