### Similarities

**Both involve:**
- Four key phases: identifying the task, setting the learning goal and planning, employing strategies to achieve the goal, and evaluation through monitoring or reflection
- Goal-directed behaviour
- Metacognitive abilities
- Active participation
- Intrinsic motivation

### Differences

**Self-directed Learning**
- Concept emerges from adult education
- Usually practiced outside the traditional school environment
- Involves freedom to design your learning environment, fosters designing your own learning environment
- Freedom to plan and set your learning goals
- A broader macro-level construct that includes self-regulated learning

**Self-regulated Learning**
- Concept emerges from educational and cognitive psychology
- Mostly utilized in the school environment
- The instructor or facilitator may define the learning task
- Narrower micro-level construct that does not include self-directed learning