

## **Using DBR and Mobile Technology to Assess Apprentices' Help-Seeking at the Workplace and to Foster their Autonomy**

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To distinguish when you need help and when you could solve a problem by yourself is both an important competence to acquire during vocational training and a determinant component of self-regulated learning, as this allows you to increase and develop your autonomy in order to be more and more efficient at the workplace. We focused our studies in VET on help-seeking behaviours, a topic mainly studied in academic contexts, starting from a comparison of help-seeking behaviours at school and at the workplace (study 1), and then moving to a technology-assisted ethnographical study of apprentices' help-requests at the workplace, in order to build a taxonomy of help-requests, to examine the relative frequency of the different requests observed, and to investigate the social context and effects on others of the apprentice's help-seeking behaviours (study 2). Finally, we tried to use the results and materials collected at the workplace in order to develop learning scenarios which can be useful for the teaching of methodological and social competences (study 3).

These studies showed that digital technologies offer many possibilities 1. to capture experiences lived at the workplace, using audio/video recorders, as well as to associate the experiences themselves with textual annotations or audio comments, and 2. to re-exploit them vividly at school later on, fulfilling the aim of bridging the gap between school and workplace.