**B. Managing My Learning**

**Activity 1**

Complete the table below to identify and reflect on those factors and plan actions for each.

|  |  |
| --- | --- |
| **Recognition/ Reflection** | **Action** |
| What helps my learning? | How can I utilise this? |
| Making Spider diagrams | * It will set out the information in an easy to interoperate manner |
| Using songs to remember themes | * I will search up songs and use the melody to add in topics/themes from the subjects |
| Flashcards | * Testing myself using the flashcards by only showing a few basic words related to the topic |
| Using different coloured pens | * I find it easier to read work if it is categorised into different colours for different topics |
| Working with Others | * By working with others, ideas will be dispersed throughout the group that people may not have thought of before |

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| --- | --- | --- |
| **Recognition/Reflection** | | **Action** |
| What hinders my learning? | How can I address this factor? | |
| Social Media/phones | * Keep my phone on ‘Do Not Disturb’ and put it out of arms reach | |
| Not doing further research into topics I don’t understand | * Take time after lectures to do my own research into the topics | |
| Getting off topic during discussions | * Try and focus all points being made back to the original point | |
| Being impatient | * Wait for the internet to load things properly before rushing into | |
| Disruptive environment | * Move into a quitter environment, for example: my room or the library | |