**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
 |

|  |  |
| --- | --- |
| **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
 |