**Managing my Learning**

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| **Recognition/ Reflection** | **Action** |
| What helps my learning?  | How can I utilise this? |
| Rewriting my notes | * Take notes during class and rewite them at home or in free time
* Watch any extra videos and do the extra reading and take notes on them
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| Discussing the task | * Ask questions in the existing group chats for our classes
* Arrange a time to meet with people in the same classes to discuss the tasks
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| Finding out background information | * Research further into what we’re being taught to put the information into context, and generate more interest about what I’m learning
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| Asking questions | * Ask people in my classes what their thoughts/opinions are
* Email my lecturers if I have any other questions or any areas I’d like to find out more about
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| **Recognition/Reflection** | **Action** |
| What hinders my learning? | How can I address this factor? |
| I struggle to stay focussed  | * Use the library as there are no other distractions
* Turn my phone on silent whilst doing important study
* Allocate study times in advance so I don’t leave it too last minute to spend hours doing one thing, instead split it over multiple study sessions
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| I compare myself to others  | * Try and avoid reading others work or asking other students for advice directly regarding assignments
* Have confidence in myself and my abilities
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