**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 |
| 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 |
| 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 |
| 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 | |
| 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 | |