**B. Managing My Learning**

**Activity 1**

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

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| --- | --- |
| **Recognition/ Reflection** | **Action** |
| What helps my learning? | How can I utilise this? |
| Example: *“Discussing the topic with others”* | * *Set up a study group of like-minded peers* * *Engage with the online community* |
| Reading | * Read relevant chapters of books before lectures in order to have a slight understanding. |
| Re-writing notes | * Write notes after lectures in order for it to be fresh in my mind. |
| Using coloured pens | * Rewrite the notes in colour so I can remember them better. |

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| **Recognition/Reflection** | | **Action** |
| What hinders my learning? | How can I address this factor? | |
| Example: *“I’m easily distracted”* | * *Study in a place where distractions are minimal* * *Read lecture notes before the lecture and then take notes lectures to keep me focused* | |
| Having my phone near me | Keep it in a separate room so I don’t get distracted by it. | |
| Having people talk around me | Study by myself | |
| Not doing further research on topics I don’t understand | Do further reading | |