**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? |
| Example: *“Discussing the topic with others”* | * *Set up a study group of like-minded peers* * *Engage with the online community* |
| Taking notes in lectures | * Engage with lectures and write down key points to remember * Don’t write massive amounts * Note down anything the lecture has made me think about |
| Using different colours | * Highlight different things in different colours e.g. yellow=extra reading, green=TDT etc. |
| Making lists | * Write down what I intend to achieve in terms of study for the day * Tick off completed tasks |
| Finding a way of visualising information | * Draw diagrams, spider diagrams etc. * Organise summarised bullet points |
| Relating information to something I already know | * Try and put new information into a bigger context * Relate information to something familiar/something in my own life |
| Doing something creative | * Make up a song to help remember points * Write a poem on a particular area |

|  |  |  |
| --- | --- | --- |
| **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* | |
| I find it difficult to read large texts in one go | * Break it down into manageable chunks * Don’t stop mid-sentence | |
| I take a long time to read and process information | * Try to skim over texts and get the basic idea then go back and read in detail if necessary | |
| I can’t work in a noisy environment | * Use the library facilities available | |