**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
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