**B. Managing My Learning**

 **Activity 1**

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| **Recognition/ Reflection** | **Action** |
| What helps my learning?  | How can I utilise this? |
| Using highlighters/Coloured pens | * Having a key down the side – different colours for different topics. Ensuring that I am staying alert.
* Highlighting key words/phrases in a specific colour
 |
| Working with others | * Engaging with the online modules
* Talk to someone I’m comfortable with and discuss what conclusion they have come to.
* Listening to other people’s opinions during lectures and workshops
 |
| Spider diagrams | * After writing out notes on a topic I then put these away and try to mind map everything I know on to a spider diagram
* This can be developed as I learn more about the topic
 |
| Not doing too much at once | * Ensuring I don’t leave everything to the last minute so as I can afford to do a section of work each day
* Taking breaks in between
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| Repeating  | * When trying to remember things I like to repeat the knowledge. Write it out twice; once in full form and then in bullet form and then read it over
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| **Recognition/Reflection** | **Action** |
| What hinders my learning? | How can I address this factor? |
| Social Media | * Ensure I turn my phone off
* Put my phone out of reach
* Don’t log on to any accounts on my laptop
* Have an allocated break time where I can go on and check everything
 |
| Being easily distracted | * Sit in my room (once tidied) and close my curtains
* Don’t listen to music while studying
 |
| Confidence to ask questions | * Slowly build on this by asking people I am comfortable with.
* Arrange to speak to a tutor out with class time
* Wait behind after lectures
 |
| Giving up if I don’t understand something | * Give myself time and explore lots of resources
* Ask someone else
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