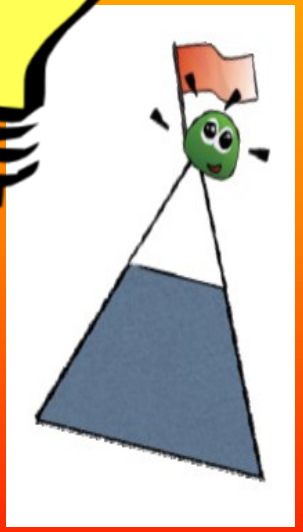
Your Learning Powered Mind

Perseverance

Keep going when the going gets tough! Know how to channel the energy of frustration. Know what a slow and uncertain process learning often is.



Absorption.

Become REALLY absorbed (involved) in what you are doing. Feeling stretched in your learning.



Noticing

Sensing what is out there. Be patient, details may take time to emerge. Identify significant detail.



Managing distractions

Know when to walk away and refresh yourself, and how to create your best learning environment.



Resilience

Are you "in the zone?"

Your Learning Powered Mind

Reasoning

Thinking rigorously and methodically. Create logical arguments. Deduce what might happen. Look for evidence.



Imagining

Picture how things might look, feel, sound. Let your mind explore and play with ideas. Rehearse things in your mind



Making Links

Look for connections between experiences or ideas. Enjoy seeing how things fit together.



Capitalising



Make good use of different resources.

Questioning

Don't be afraid of not knowing. Be curious. Get below the surface of things and come up with your own conclusions. Often wonder why.

Resourcefulness

Do you know what to do when you don't know what to do?

Your Learning Powered Mind

Planning



Estimate how long it will take you and the resources you will need. Plan the steps you might take.

Distilling



Mull over experiences. Draw out useful lessons. Identify features that are likely to help you elsewhere. Be your own learning coach.

Meta-learning

Understand your strengths and weaknesses as a learner. How does learning work for you? Can you talk about what skills you need to make progress?



Revising



Be flexible and ready to revise your plans as you go. Monitor how things are going, review your progress and change tack if necessary.

Reflectiveness

Can you become more strategic?

Your Learning Powered Mind

Empathy and listening

Show you are listening. Hear feelings or thoughts behind someone's words.



Put yourself in other people's shoes to see the world from their point of view

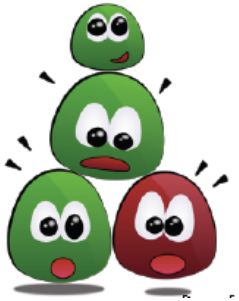
Interdependence

Make an informed choice to work by yourself or with others. Know how much interaction you need with others to make your learning effective.



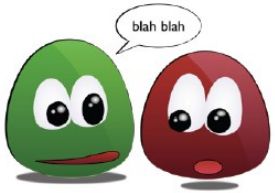
Collaboration

Work effectively as part of a pair or team. Understand the ground rules of team work. Manage your own feelings when working with others. Respect their point of view



Imitation

You can learn from others. Notice their approach and try it yourself.



Reciprocity

Can you learn alone and with others?