

Learn to Learn

How do YOU learn best?

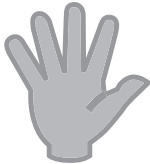
It has been suggested that...



35% of learners are mainly **VISUAL** (learning by seeing)



25% of learners are mainly **AUDITORY** (learning by listening)



40% of learners are mainly **KINAESTHETIC** (active, learning by doing)

- We all have our own preferred learning styles.
- No learning style is necessarily better than any other - but some will suit YOU better than others.
- In reality, nobody learns in one way only.
- Sometimes you have to learn in ways you don't really like.
- Aim to use your preferred learning styles for hard tasks.

So...

- Find out how YOU learn best.
- Explore what that means in practice.
- Set yourself some realistic but positive targets.
- Change your study habits for the better.
- Learn to learn!

Learning to Learn

Learning to learn means learning to be more resilient, resourceful, responsible, reasoning and reflective.

These are the 5 R's of learning:

The **RESILIENT** learner

- Persists and doesn't give up easily
- Has a positive attitude and is not put off when things go wrong
- Gives things a go
- Sets targets and practises

The **RESOURCEFUL** learner

- Shows initiative by finding and using resources
- Is prepared to ask for help
- Tries to learn things in different ways
- Asks good questions

The **RESPONSIBLE** learner

- Takes responsibility and completes tasks on time
- Knows what's right and wrong and tries to choose the right thing to do
- Thinks about things before doing them
- Helps others learn by sharing ideas and ignoring distractions

The **REASONING** learner

- Makes careful decisions using all the evidence
- Takes their time to do a good job
- Thinks around the problem and tackles it the best way

The **REFLECTIVE** learner

- Learns from experience and mistakes
- Wants to find out 'why'
- Stays calm and listens to different opinions before making a choice