

Get curious about your learning

1. Write down your reflections on each of the following questions from the video:
 - Are you good at working alone?
 - Are you more effective working with friends and colleagues?
 - How good are you at judging whether what you are studying is actually going in?
 - How aware are you of your own interests?
 - How willing are you to really hear and understand other ways of thinking or doing things?
 - How confident are you at making an evidenced argument or explaining your through process?
 - How willing are you to make decisions yourself about your learning?
2. Make a list of things you do and think which stop you learning effectively independently. For example, 'I try to find someone to chat to instead of starting my work' or 'I worry so much about doing a bad job that I avoid starting my work'. Once you've finished making the list, try to identify patterns – e.g. perfectionism, preferring socialising to being alone, not finding things interesting. Finally, think about how you can start changing those things – e.g. addressing perfectionism, programming social time into your day, nurturing specific interests in your subject.