

INDEPENDENT LEARNING SKILLS

Resilience

Not giving up

The ability to keep going, especially when the task is hard.

Persevering

Spending time to think and problem solve difficult tasks.

Decoding texts

Deciphering vocabulary that might be difficult for students.

Dealing with disappointment

Grunts, confusion, getting excited when you think you've got it - only to find out you haven't - and accepting it - working on next steps to help with clarity and knowledge.

Staying on task

Trying to keep going for an extended period of time. Break when the learning is going well, not when it is tough.

Using dialogue

Holding conversations with others to help understand the learning.

Managing distractions

Identification

What are your distractions? (phone, mates, etc.) - take individual action to minimise their impact.

Environment

Sit where you are going to learn the best.

Open to new learning

 - mentally and physically being excited about new learning.

Taking risks

Being risk takers - not afraid of failure.

Be humble and proud to achieve.

Emotional regulation

 - recognising, understanding and managing your feelings.

Knowing myself

Recognising when learning is becoming emotionally tough. Identifying and labelling my feelings.

Use mental tools

Using tools to help manage my emotions so that learning can continue.

Managing myself

Self management

Making a plan and sticking to it. Being organised. Planning your time.

Prioritising

Making job lists and prioritising the most urgent learning.

Goal setting

Setting yourself tasks which are achievable.

Transferable skills

 - applying a set of learning skills to all subjects.

Learning is connected

Using knowledge, skills, resources from other learning areas.

Taking responsibility for own learning

Being prepared and taking charge for our own learning.

Planning ahead

Make a job plan

Creating a schedule of assignments and due dates. Identify your check points.

Goals and targets

Working backwards (seeing the end destination and creating a plan to make it there). Make a daily **TO DO** list. Break things down into small, manageable parts - Focus on one skill per lesson. (Maths, Science).

Absorption

Live in the moment

Become absorbed in what you are doing right now.

Jump into the learning

Going over notes in their own time. Attend tutorials when they are offered. Asking the teacher to explain things further.

Reflect

Reflect on learning. Seek feedback from your teacher.

Self-discipline

 - the ability to maintain focus and stay motivated.

Punctuality

Always arriving on time.

Prepare

Arriving with the correct equipment/ being well organised.

Self motivation

 - our internal drive to keep moving forward.

Focus on your goals

Has goals for what you want to achieve in each session.

Push yourself

Asking for more work when they have completed set work.

Positive self-talk

Sounds like "I can do this!"