



BEING AN EFFECTIVE LEARNER

USE A SKETCHBOOK AND PENS



TURN TO A NEW PAGE

Turn it so that it is landscape with a blank page opposite.

Draw an oval containing the words "what interferes with me learning effectively".
Draw 7 lines radiating from the oval.

DRAW

At the end of each line, sketch something that represents what hinders your learning. Add words or images on how each make you feel.



THE OPPOSITE PAGE

On the opposite page, draw another oval, this time containing "what helps me learn".
Add 7 lines radiating from it.

DRAW

At the end of each line, sketch something that represents what helps you learn. Add words or images on how each make you feel.

REFLECT

Now look over both pages and reflect. How can you make more space for the things that help, and less space for those that hinder?



From 'Step Away From Your Screen', a Resilient Learning Communities Enhancement Theme project at Edinburgh Napier University.

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