

The Learning Powers

RESILIENCE LOCK ON TO LEARNING



Absorption Learning Power: you become engrossed in what you are doing; you are unaware of time passing

Managing Distraction Learning Power: you know what distracts you, you try to minimise distractions, you settle back quickly after an interruption

Noticing Learning Power: you notice how things look, what they are made of, or how they behave, you can identify significant detail

Perseverance Learning Power: you are not put off by being stuck, you keep on going despite difficulties and find ways to overcome them, you recognise that learning can be a struggle

RESOURCEFULNESS LEARN IN DIFFERENT WAYS

Questioning Learning Power: you are curious about things and people, you often wonder why; you play with ideas, asking "How come?" and "What if?"



Making Links Learning Power: you look for connections between experiences or ideas, you find pleasure in seeing how things fit together, you make patterns

Imagining Learning Power: you picture how things might look, sound, feel, be; you let your mind explore and play with possibilities and ideas

Reasoning Learning Power: you create logical arguments, you deduce what might happen, you look for evidence

REFLECTIVENESS MORE STRATEGIC ABOUT LEARNING



Planning Learning Power: you think about what you want to get out of learning, you plan the steps you might take, you access which resources you may need

Revising Learning Power: you are ready to revise your plans as you go along, monitor how things are going, change your plans when you've had a better idea

Distilling Learning Power: you mull over experiences, draw out useful lessons from experiences, think about where else you might use these lessons

Meta-Learning Power: you are interested in how you learn as an individual, know your strengths and weaknesses as a learner, are interested in becoming a better learner

RELATIONSHIPS LEARN ALONE AND WITH OTHERS

Interdependence Learning Power: you know how much interaction you need with others to assist your learning, you make informed choices about working on your own or with others



Collaboration Learning Power: you manage your feelings when working with others, you understand the ground rules of team work, you are able to work effectively as part of a pair or team

Empathy and Listening Learning Power: you put yourself in other people's shoes to see the world from their point of view, show you are listening by eye contact and body language, hear feelings and thoughts behind someone's words

Imitation Learning Power: you are ready to learn from others, notice the approach and detail of how others do things