

Learning Powers

Emotional Aspects of Learning: Feeling The attribute we need for this aspect of learning is Resilience

Resilience is the attribute

I am resilient. I know learning is hard and can feel scary, but I am ready to take risks in my learning and work with determination to achieve my goal. I know I can't do everything yet, but I know I can learn anything I need to if I am willing to do my best all the time.



resilience

To be resilient we need to have these learning powers

Managing Distractions

I manage any distractions and concentrate on my own learning to finish the tasks/challenges given to me in the time set






managing distractions

Perseverance

I keep going in my learning, even when it feels really hard. I know that feeling frustrated, worried, excited, confused is part of learning and I accept this. I DON'T give up.



perseverance

	<p>Noticing I look carefully at information given to me, or around me and notice patterns and/or details I need to help me complete my learning.</p>	 <p>noticing</p>
	<p>Bouncing Back I know that when I am learning I will make mistakes and fail. I brush myself off, take a deep breath and bounce back to have another go.</p>	 <p>bouncing back</p>
	<p>Practising I know that I need to practise to get better in my learning and remember things.</p>	 <p>practising</p>

Cognitive Aspects of Learning: Thinking
The attribute we need for this aspect of learning is Resourcefulness

Resourcefulness is the attribute
I can use all my learning powers to help me be independent in my learning and I know what resources to choose and use to help me work things out and succeed.



resourcefulness

To be resourceful we need to have these learning powers

Curiosity and questioning
I am curious and want to find out more. I ask questions to help me discover new things.



curiosity and questioning

Risk taking I take risks in my learning and want to tackle new things, so I keep making progress; I don't want to coast along. I work in my 'stretch zone' so I feel challenged in my learning.



risk taking

Making links

I can make links between what I already know and what I am learning. I am able to look back at what I know and what I have learnt already to help me learn new things. I can see and explain how old and new learning are connected.



making links

Detecting

I can read through and listen to information and make observations to discover facts that help me in my learning and help me explain and justify my understanding, thoughts and ideas.



detecting

Organisation

I know what resources to use and when to use them so I can do my learning on my own and show what I know.



organisation

Strategic Aspects of Learning: Managing
The attribute we need for this aspect of learning is Reflectiveness

Reflectiveness is the attribute
 I think about what I will need to do, and use, to help me in my learning **before** I start. These are my steps to success. I make changes along the way and step back, when I realise things aren't working, or if doing something differently would help me succeed.



reflectiveness

Planning
 I decide what I need to do first, second, third and so on before I start a piece of learning. I collect the resources I need and start to think about which parts I may find tricky and how or what I might need to help me.



planning

Adaptability
 I know when things aren't working and am able to **change** what I am doing or the resources I am using to help me work through a challenge and succeed.





adaptability

Metacognition
 I can talk about HOW I am working through a challenge including talking about the learning powers I am using to help me and how I am feeling in my learning.



metacognition

The attribute is relational

	<p>I know how build and maintain positive relationships, valuing the contributions and thoughts of others and learning from them; understanding that their ideas may be more effective than my own to help us to succeed. I know when to work on my own and when to work with others.</p>	
	<p><u>To be relational we need to have these learning powers</u></p>	
<p>Social Aspects of Learning: Relationships The attribute we need is to be relational-</p>	<p>Co-operation and Independence I can work on my own and know when and how to work well with others.</p>	 <p>Cooperation and Independence</p>
	<p>Empathy and Listening I listen to others and ask questions to make sure I understand what they are meaning. I can put myself in their shoes and see things as they do even if their ideas and opinions are different from my own. I can agree to disagree and do so with kindness.</p>	 <p>empathy and listening</p>

