

Activity ➔ 1

Bringing learning to life

STUDENT HANDOUT

Please read the following two paragraphs:

Learning is concerned with the whole person and can include our physical, mental, emotional and psychological development. Learning helps us to think about our identity, who we are, what we do (or want to do) and helps us to find our place in the world. It helps us to think about our past, present and future lives and reflect on how this is interconnected with our past, present and future learning.

Learning helps us to think about, develop and express our attitudes, values and ideals. It helps us to overcome problems, succeed in times of crisis and manage long-term difficulties. It can provide support, encouragement, companionship and increase independence, self-esteem and confidence. New skills are learnt and developed, helping us to work, socialise, improve relationships, improve health and well-being, and develop hobbies. What we learn can be captivating, tantalising and fascinating. Learning involves passion, intrigue and excitement and takes place throughout our lives.

Once you have read these two paragraphs, complete the following exercise:

1. Provide some examples of how learning has helped you to develop. Try to include your 'physical, mental, emotional and psychological' development.
2. Give examples of how learning has helped you to overcome a problem, deal with a crisis and/or manage long-term difficulties.
3. How can learning provide 'support, encouragement and companionship'?
4. How can learning increase 'independence, self-esteem and confidence'?
5. Provide examples of instances where your personal learning has been 'captivating, tantalising and fascinating'. Think about formal learning that has taken place in the classroom, and informal learning that has taken place in your life, perhaps over many years and in many different situations.
6. Provide examples of instances where your personal learning has involved 'passion, intrigue and excitement'. Again, consider both formal and informal learning.

Complete this exercise as fully and honestly as possible. Thinking about your learning in this way will help you to get more from your studies, help you to stay motivated, remain enthusiastic and enjoy your learning. This exercise is for your personal benefit: it will not be assessed or seen by your tutor or peers, unless you wish to discuss the issues that have been raised with someone after you have completed the exercise.

Learning outcome: By the end of this activity you will have an increased understanding of the benefits, improvements and personal development that can be gained from learning, and be able to relate this understanding to your past, present and future learning on your course and in your personal and professional lives.