

Activity ➔ 3

Learning to learn

STUDENT HANDOUT

Discuss the following questions with your group members:

1. What factors can stop you learning or make it difficult to learn? Think about both internal factors (to do with you, personally) and external factors (to do with others).
2. What factors help you to learn and help you to learn effectively?
3. When is learning successful and what makes this learning successful? Think of specific examples where your learning has been successful and discuss these with your group members.
4. What can you do to make your learning more effective?
5. What factors will help you, personally, to succeed in your learning?

Learning outcome: By the end of this activity you will understand what is required to promote effective and successful learning and will be able to relate this understanding to your personal learning on your course and in your personal and professional lives.