



1st semester

Topic 1: Study skills achievement Active learning

What is active learning?





Active learning is "a method of learning in which students are actively or experientially involved in the learning process and where there are different levels of active learning, depending on student involvement."



Active Learning

I can be involved & concentrate.

I can show high levels of energy, fascination.

I can maintain focus on my activity for a period of time.

I am not easily distracted.

I can pay attention to details.

I can bounce back after difficulties.

I can keep trying.

I can persist with activity when challenges occur.

I show a belief that more effort or a different approach will pay off.

I show satisfaction in meeting my own goals.

I enjoy achieving what I set out to do.

I am proud of how I accomplished something (not just the end result).

I enjoy meeting challenges for my own sake rather than external rewards or praise.

Motivation



1. Prolong the list of techniques for active learning



- ✓ Asking questions as you read.
- ✓ Make notes in your own words.
- ✓ Summarizing what you read.
- ✓ Talking to someone about the information you're **learning**.
- ✓ Thinking about **how** the new information fits in with things you already know.
- ✓ Thinking about **how** you can use the new information in your studies and in your everyday life.
- ✓
- ✓

2. Write a list of circumstances interrupting active learning