

My Learning Log: How We Learn

I spy ...

This week I spotted people exercising their learning muscles ...

	What I've noticed other people doing	When I've exercised these muscles	Oops! Maybe I could have exercised more here
Resilience – Sticking at things			
Resourcefulness – Learning in different ways			
Reciprocity – Learning with and from others			
Reflectiveness – Managing my learning			

My ideas for strengthening my learning muscles

