

Big Learning Muscles

A way with words

Think of other words that mean the same as:

Resilience

Reciprocity

Resourcefulness

Reflectiveness

Me-now!

How much do I use my learning muscles? 1 = not much, 2 = sometimes, 3 = fairly often, 4 = lots!

Rate yourself and try to think of an example when you are learning in ...	Resilience – Sticking at things	Resourcefulness – Learning in different ways	Reciprocity – Learning with and from others	Reflectiveness – Managing my learning
A subject you like ... _____	4 ☐ 3 ☐ 2 ☐ 1 ☐	4 ☐ 3 ☐ 2 ☐ 1 ☐	4 ☐ 3 ☐ 2 ☐ 1 ☐	4 ☐ 3 ☐ 2 ☐ 1 ☐
A subject you are not keen on ... _____	4 ☐ 3 ☐ 2 ☐ 1 ☐	4 ☐ 3 ☐ 2 ☐ 1 ☐	4 ☐ 3 ☐ 2 ☐ 1 ☐	4 ☐ 3 ☐ 2 ☐ 1 ☐
Something you like doing outside school ... _____	4 ☐ 3 ☐ 2 ☐ 1 ☐	4 ☐ 3 ☐ 2 ☐ 1 ☐	4 ☐ 3 ☐ 2 ☐ 1 ☐	4 ☐ 3 ☐ 2 ☐ 1 ☐
Something sporty ... _____	4 ☐ 3 ☐ 2 ☐ 1 ☐	4 ☐ 3 ☐ 2 ☐ 1 ☐	4 ☐ 3 ☐ 2 ☐ 1 ☐	4 ☐ 3 ☐ 2 ☐ 1 ☐

Look at your scores and see what they tell you. Can you see any patterns? Do you use one R more than the others? Are you more resilient when it's something you enjoy? ... You are being reflective right now!