

# Talking Learnish



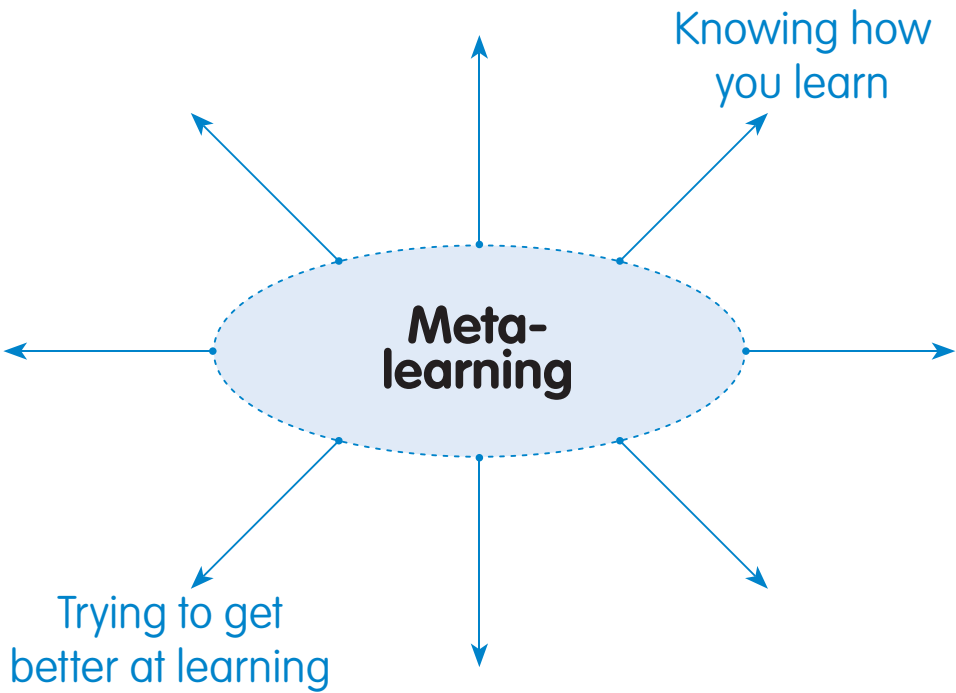
## Time to think ... and share ideas

In a small group — Think of something that one of you is good at that the others would like to learn ... could be a sport or a school subject, playing an instrument, playing a game, making a drawing.  
Interview this person about what goes on in their head when they are practising the skill. Try questions like

- “How do you get better at this?”
- “Can you describe what ‘better’ means?”
- “What goes on in your head when you are doing it?”
- “What different ways do you try getting better?”
- “What have you tried that didn’t work?”
- “Do you talk to yourself whilst you are learning? – What do you say?”

## A way with words

Try to explain to yourself what meta-learning means.



## Me-now!

How much do I know about myself as a learner?

Do I know my best conditions for learning well?

- Yes and my second-best ☐
- I’m finding out ☐
- I’m not sure ☐
- I’ve no idea ☐

Do I try to extend the number of ways I learn ?

- I like trying new ways to do things ☐
- I prefer to use ways I’ve done things before ☐
- I always do things the way I’ve been told ☐

Do I have useful things I say to myself when I’m learning?

- Yes, for encouraging myself to have a go ☐
- Sometimes I talk to myself ☐
- I’ve never thought of talking to myself about learning ☐

Do I stop and think about how my mind is working from time to time?

- Yes — I find it interesting ☐
- Occasionally think about it ☐
- I usually just get on with things ☐
- Never give it a thought ☐

