

## Social

- **Interdependence:** balancing self-reliance and sociability
- **Collaboration:** the skills of learning with others
- **Listening/Empathy:** getting inside others' minds
- **Imitation:** picking up others' habits and values

## Strategic

- **Planning:** working learning out in advance
- **Revising:** monitoring and adapting along the way
- **Distilling:** drawing out the lessons from experience
- **Meta-learning:** understanding learning, and yourself as a learner

## Emotional

- **Absorption:** flow; the pleasure of being rapt in learning
- **Managing distraction:** recognising and reducing interruptions
- **Noticing:** really sensing what's out there
- **Perseverance:** stickability; tolerating the feelings of learning

## Cognitive

- **Questioning:** getting below the surface; playing with situations
- **Making links:** seeking coherence, relevance and meaning
- **Imagining:** using the mind's eye as a learning theatre
- **Reasoning:** thinking rigorously and methodically
- **Capitalising:** making good use of resources

