

Meta Learning

<p>6 Embodies. "I can't not."</p>	<p>Whatever I'm learning I use the knowledge I've gained about myself as a learner to control and monitor what I need to do to achieve the desired results.</p>
<p>5 Organises. "I make sure."</p>	<p>I distil and refine my ideas, or ways of doing things, so that they make sense to me and other people</p>
<p>4 Values. "I see why."</p>	<p>I think about how I'm learning because I know that it helps me to build and organise my ideas.</p>
	<p>I know I'm becoming a better learner because I make sure I use tools to help me get better at things like thinking carefully or creating ideas, or changing my mind.</p>
<p>3 Responds. "I'll try."</p>	<p>I check that my goals and plans are realistic and play to my learning strengths.</p>
	<p>Whenever I'm learning something I ask myself: what do I know? what do I need to know? how am I going to come to know it?</p>
<p>2 Receives. "Show me. Tell me."</p>	<p>I improve myself as a learner by asking myself whether I have done something like this before and what I did then to succeed.</p>
	<p>I talk about how I am learning and can learn from other people when given help by my teacher.</p>
<p>The 6 phases of development</p>	<p>The trajectory of developing skills and behaviours</p>

