

HOW DID YOU LEARN?

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1 How did you learn?

1.1 A look at learning experiences

Everybody finds learning a bit of a problem from time to time.

Often the struggle to fix things in your brain is what tires you and makes it impossible to learn.

If you think about what gets in the way of YOUR learning, you might be able to change things for the better, for both yourself and your students.

1.2 Exercise

1. Think of a time when you had to learn something at school and you were really frustrated. A time when you just couldn't understand what was needed, and nobody helped you and you felt perhaps a little bit frightened.

Write down some notes about that experience and try to say what made the experience so bad.

2. Now think of a time when you found it easy to learn something. A time when you learnt a lot, enjoyed what you were doing and were interested. What was it made the learning so good?

3. Get together with somebody else and compare your notes. Are there any experience that you have in common?

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4. Make a group of four. Write down two lists under the following headings: Things which lead to unsatisfactory learning Things which help you to learn quite easily

Things which lead to unsatisfactory learning	Things which help you to learn quite easily

Be prepared to tell the rest of the class about your findings and add to the above list as a result of the discussion.

How could you put your findings about learning into effect when working with your students?