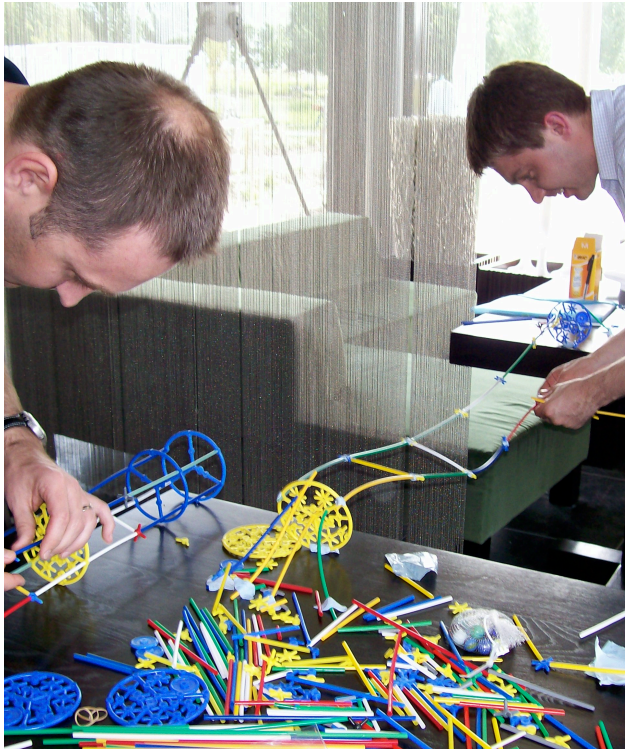


A Guide to Learning Development

Module 5

Developing capable and effective learners by understanding and strengthening learning skills



Learning is an active and demanding process. Learning offers challenge, enjoyment and reward but also demands effort and resilience. The ability to learn is crucial to our success in education, in employment and in building satisfying social and professional relationships.

In an environment of rapid change, our capability as learners enables us to adapt and modify our behaviour, according to the changing demands being made upon us.

'Learning to learn' is a metacognitive skill, that requires learners to think about the learning process in which they are engaged. They need to understand their own learning strategies and to find ways of enhancing their capacity to learn.

This guide to learning, and the experiential modules that support it, offers a thorough exploration of what it means to learn, along with practical activities to build individual confidence and capability.

WHAT DO CAPABLE LEARNERS BELIEVE, THINK AND DO IN ORDER TO LEARN EFFECTIVELY?



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Materials for 16 people per module

Module 5: Physical Resources included in this module

1 x Set of Images of Resilience cards

2 x Sets of Straws and connectors

12 x Juggling Balls

Module 5: Additional Resources needed

Writing materials, flip chart pens and paper

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MODULE 5: BE RESILIENT

A practical, 2-hour experiential learning module

ACTIVITY TIMETABLE

0 - 5 minutes	Introductions + definitions What does it mean to be resilient?
5 - 35 minutes	Images of Resilience <ol style="list-style-type: none">1. What are the questions or thoughts that these images bring to mind?2. On the basis of your discussions, what do you think it means to be resilient?3. In your own experience of learning individually or in groups, what behaviours or attitudes do you experience that are demonstrations of resilience in action?4. What are the potential benefits of developing resilience? Can you see any potential disadvantages? <p>Report back to the rest of your group. Use these ideas in the next practical exercise!</p>

FACILITATOR NOTES

Introduction

One of the key skills of effective learners is the ability to persist with learning even when it is difficult. Whilst learning can be a joyful and exciting process, it can also be frustrating, disappointing and downright hard! Effective learners accept the negative feelings that can be associated with learning and demonstrate an ability to 'bounce back'.

Images of Resilience

- Spread the cards at random on a table or tables in the working room.
- Ask each individual participant to choose two or three cards that they feel illustrate an aspect of resilience that they find interesting.
- When each person has selected the cards, ask them to form small groups (3 or 4 people) and explore the range of cards and the ideas they have generated.
- Use the questions suggested (see left) or replace them with your own.

