

# Build Your LEARNING POWER at Home

## Interdependence

Balancing self-reliance and sociability



## Collaboration

The skills of learning with others



## Absorption

Flow, the pleasure of being rapt in learning



## Perseverance

'Stickability'  
tolerating the feelings of learning



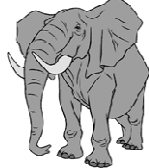
## Imitation

Picking up others habits and values



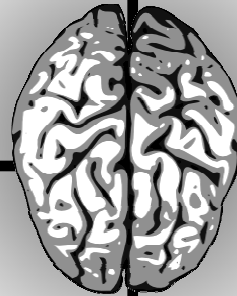
## Empathy and Listening

Getting inside others' minds



Reciprocity

Resilience

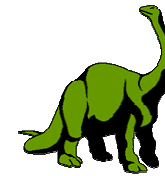


Resourcefulness

Reflectiveness

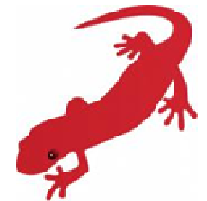
## Managing Distractions

Recognising and reducing interruptions



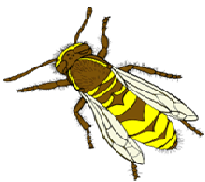
## Noticing

Really sensing what's out there



## Questioning

Getting below the surface, playing with situations



## Making Links

Seeking coherence, relevance and meaning



## Planning

Working learning out in advance



## Revising

Monitoring and adapting along the way



## Imagining

Using the mind's eye as a learning theatre



## Reasoning

Thinking rigorously and methodically



## Capitalising

Making good use of resources



## Respectfulness

Being aware of the needs and rights of others



## Distilling

Drawing out the lessons from experience



## Meta-Learning

Understanding learning, and yourself as a learner

