



Partnering with schools to equip students with the mindsets, skills, and strategies they need to succeed at school and beyond

## General learning review

If you are able to improve your learning in class you can save hours of study at home. The scaffold below is written to help you evaluate how well you are learning, and identify areas where you can improve.

### Understanding Content

- » Do you understand the content or just remember it?
- » Do you give up quickly when you don't understand something? How often do you attempt new techniques when you find something hard?
- » What do you do when a topic is boring?
- » What would a successful student do when a topic is boring?

### Class Engagement

- » Do you always have your class materials with you?
- » Are you always on the same page in class or do you often find that you have to catch up (or don't) because you have fallen behind?
- » As soon as you are behind in a subject, not only do you have to catch up, you cannot even take advantage of what you are listening to. It's a double disadvantage.
- » How often do you ask a question in class if you don't understand something? If there is a class discussion, do you participate?
- » Do you take good notes or do you look back on your class notes and find that it is an assortment of useless hints?
- » Are you easily distracted by others/things?

### Study at Home

- » Do you set goals for your study at home? Do you meet them?
- » Do you adhere to schedules or deadlines?
- » Are you able to start work yourself or do your parents need to force you?
- » Do you always complete your homework?
- » Is your time studying productive?
- » Are you constantly distracted and do you procrastinate?
- » Are you disciplined enough to study with friends?

### Work patterns

- » Do you have regular study habits?
- » Do you find yourself always completing tasks at the last minute?
- » Do you avoid studying your least favourite subject?
- » Are you achieving balance in your life? Are you coping? If not, what are some possible solutions?