

The Rose & Nicholl 6-step Plan: **(6) Reflecting on How You Have Learned**

This is Your Attitude and Mindset to Your Learning, school, career and vision for the future

Did You have A Constructive Approach to Learning [see also Handouts “*What are Your Learning Goals?*” & “*Do You Focus on Marks or Learning?*” under “Motivation” in the Student Success Resource Page]?

- Is Your Goal *Mastery Learning* of the Subject, or is the Number One Goal just to get Good Grades?
- Are You interested in improving the Quality of Learning by looking for New ways of Learning, Recall, Study Skills, Time management, Note-taking, Reading and Exam-Preparation?

What is Your Approach to Learning [see also Handout “---?” under “Motivation” in the Student Success Resource Page]:

- Adaptive approach: Seeing Obstacles as Challenges that can met with a Constructive & Strategic Approach
- Maladaptive approach: Seeing Challenges as Obstacles to be avoided as much as possible because these are often viewed as Difficult & Stressful