

Readiness – this shows in your motivation, curiosity, the belief that you can achieve and that you deserve to be successful

People who are ready to learn:

- Are motivated towards learning
- Assess their preferred learning environment and are in a positive state to learn
- Can set their own learning goals
- Can manage their own learning process

Reflectiveness – this shows in looking back, improving your learning and performance, and practising

Reflective learners can:

- Stop and reflect e.g. ask questions, observe, and look for patterns
- Make connections between what they are learning and other areas of life
- Evaluate their learning
- Use different learning and memory approaches

Resourcefulness – characterised by learning with and from others, learning creatively in different ways, being flexible, applying what you have learned

Resourceful learners can:

- Assess and make the most of their preferred learning approaches and environment and those of others
- Develop and expand the tools and approaches they use for learning and use different approaches and be creative when needed
- Find and use information including through ICT
- Communicate effectively in different ways
- Apply or use what they have learned or are learning, including in different contexts

Responsibility – this shows in your self-awareness in learning, taking ownership of your learning, and being able to learn alongside others

Responsible learners can:

- Understand and express their own areas of strength and weaknesses in learning
- Take ownership of their own learning and plan and set targets
- Think about others as learners and ask for and offer help when needed
- Work alongside others to learn effectively

Resilience – this shows in keeping going, learning under stress, and managing your feelings about learning and the people you are learning with

Resilient learners can:

- Draw on self-belief that they can succeed and remain optimistic, even when things are difficult
- Recognise and manage their emotions so they are able to continue with their learning
- Use different learning and memory approaches when stuck