

<p>REFLECTIVENESS this is being ready, willing and able to become more strategic about learning – taking a longer-term view by planning, taking stock and drawing out your experiences as a learner to get the best out of yourself</p>	<p>PLANNING (planning panda) Thinking about your aims, your actions you will take, the time and resources you will need and the problems you may face</p>	<p>REVISING (revising rabbit) Being flexible, monitoring and reviewing things to see how they are going and how to improve them</p>	<p>DISTILLING (distilling dog) finding the most important parts to learn and applying them to new situations, note taking – being your own coach</p>	<p>META-LEARNING (meta-learning monkey) Knowing yourself as a learner – HOW you learn best</p>
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