



How do I learn?

These questions will help you to think about what learning means for you and the way you learn. They may also give you some ideas to improve your learning. The objective is to give you some keys to improve your future learning.

You can fill it alone or with the help of someone who will facilitate the understanding of the questions and who will be able to reformulate and deepen the topics, for example by bringing his own practice.



<http://velay.greta.fr>

	Yes	No	I don't know
I'm happy to participate to a training course.			
I have a notebook and a folder where I keep all the related documents			
I take notes in English during the course			
I take notes in my native language during the course			
I usually draw diagrams or schemes when I take notes			
After a course, I write down the important points and what I have learned			
In the evening, I review what I have learned during the day			
I use a logbook to follow my training : I record every day what I have done and learned			
I use images to remind me of certain things			
I am looking for additional resources on the Internet			
I regularly go to the library or to a resource centre			
I can easily focus for solving a problem			
I have difficulty focusing my attention			
When I don't understand something, I raise my hand to ask the trainer			
If I don't understand, I don't ask, I try to find the answer on my own			
Before a class, I try to remember what we saw in the previous class			
Between two courses, I write down the questions I want to ask			
I like to do activities in small groups			
In group activities, I participate a lot			
I like role-playing and simulations			
I have difficulties to be sitting still throughout the course			
I don't participate too much because I'm afraid to make mistakes			
I easily ask my colleagues for help			
I explain to my colleagues when I see that they don't understand			
I like to learn new words			
When I hear a new word, I am curious to know how it is written			
I have a balanced diet			
I get enough sleep			
I practice physical activity			
<i>I review my answers with the trainer :</i>			