



LEARNING REFLECTIONS

Explore your attitudes about learning by putting a check mark beside the statements below that are true for you:

- I know what I want to learn.
- I'm willing to make mistakes and learn from them.
- I believe learning is a lifelong journey.
- I have learning goals.
- I'm willing and eager to learn!

Now take some time to reflect on your responses. How did you do? What can you learn about yourself and how you embrace learning, based on the responses you didn't check off? Use the space below to jot down some notes about what you can do to further adopt a growth mindset. Remember to include things you are good at as well as things you want to develop.

my learning action plan

