
Student Success \ Superlearning

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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 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 Handout “---?” under “Motivation” in the Student Success Resource Page]:

- Adaptive approach: seeing obstacles as challenges that can met with a constructive and strategic approach.
- Maladaptive approach: seeing challenges as obstacles to be avoided as much as possible because these are often viewed as difficult and stressful.