



# Self-Management Skills

## APPROACHES TO LEARNING

The Approaches to Learning is crucial for the inquiry learning process in context with the transdisciplinary themes. They are grounded in the belief that learning how to learn is fundamental to our student's education that aims to support students of all ages to become self-regulated learners who know how to research, to think critically and creatively, communicate properly, demonstrate social skills, and pursue their aspirations with balanced self-management.

### How can students demonstrate organization skills



Managing time and tasks effectively



Plan short- and long-term assignments; meet deadlines



Create plans to prepare for summative assessments (examinations and performances)



Keep and use a weekly planner for assignments



Set goals that are challenging and realistic



Plan strategies and take action to achieve personal and academic goals



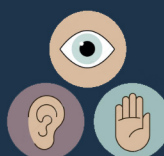
Bring necessary equipment and supplies to Class



Keep an organized and logical system of information files/notebooks



Use appropriate strategies for organizing complex information



Understand and use sensory learning preferences (learning styles)



Select and use technology effectively and productively



Mindfulness



Emotional management



Self-motivation



Perseverance



Resilience

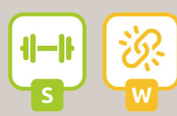
### How can students be reflective?



Develop new skills, techniques and strategies for effective learning



Consider ATL skills development: What can I do? How can I share my skills to help peers who need more practice? What will I work on next?



Identify strengths and weaknesses of personal learning strategies (self-assessment)



Consider personal learning strategies: What can I do to become a more efficient and effective learner? How can I become more flexible in my choice of learning strategies? What factors are important for helping me learn well?



Demonstrate flexibility in the selection and use of learning strategies



Focus on the process of creating by imitating the work of others



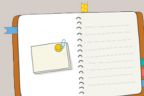
Try new ATL skills and evaluate their effectiveness



Consider ethical, cultural and environmental implications



Consider content – What did I learn about today? What don't I yet understand? What questions do I have now?



Keep a journal to record reflections

