Approaches to Learning: a self-evaluation

**1=novice 2=learning 3=practicing 4=expert**

**Communication Skills Research** **Skills**

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| **4 3 2 1** | Effective exchange of thoughts, messages, and information | **4 3 2 1** | Understand, use and critically evaluate multiple sources of information |
| **4 3 2 1** | Active listening | **4 3 2 1** | Implementing intellectual property rights and plagiarism rules |
| **4 3 2 1** | Giving and receiving feedback | **4 3 2 1** | Referencing, citing, footnotes, constructing a bibliography |
| **4 3 2 1** | Interpreting meaning through cultural understanding | **4 3 2 1** | Identifying primary and secondary sources |
| **4 3 2 1** | Clear speaking | **4 3 2 1** | Identifying gaps in knowledge and formulating key questions |
| **4 3 2 1** | Writing for different purposes | **4 3 2 1** | Researching from a variety of sources |
| **4 3 2 1** | Presenting to an audience | **4 3 2 1** | Collecting, recording and verifying data |
| **4 3 2 1** | Non-verbal communication | **4 3 2 1** | Identifying different points of view, bias |
| **4 3 2 1** | Negotiating (with peers and teachers) | **4 3 2 1** | Organizing, interpreting data |
| **4 3 2 1** | Reading and comprehension | **4 3 2 1** | Demonstrate awareness of media interpretations of events and ideas (including digital social media) |
| **4 3 2 1** | Making effective notes, in class and for studying | **4 3 2 1** | Use memory techniques to develop long-term memory |
| **4 3 2 1** | Transforming and summarizing information |  |  |

**Social Skills Thinking (critical, creative and transfer) Skills**

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| **4 3 2 1** | Working cooperatively with others | **4 3 2 1** | Recognize unstated assumptions and bias |
| **4 3 2 1** | Respecting socio-cultural differences | **4 3 2 1** | Evaluate evidence and arguments |
| **4 3 2 1** | Practice empathy | **4 3 2 1** | Revise understanding based on new information and evidence |
| **4 3 2 1** | Respecting different opinions | **4 3 2 1** | Consider ideas from multiple perspectives |
| **4 3 2 1** | Taking responsibility for own actions | **4 3 2 1** | Consider multiple alternatives, including those that might be unlikely or impossible |
| **4 3 2 1** | Resolving conflicts | **4 3 2 1** | Practice flexible thinking—develop multiple opposing, contradictory and complementary arguments |
| **4 3 2 1** | Working as a team | **4 3 2 1** | Make guesses, ask “what if” questions and generate testable hypotheses |
| **4 3 2 1** | Self-advocacy | **4 3 2 1** | Generate metaphors and analogies |
| **4 3 2 1** | Helping others to succeed | **4 3 2 1** | Use effective learning strategies in subject groups and disciplines |
| **4 3 2 1** | Building consensus | **4 3 2 1** | Make connections between subject groups and disciplines |

**Self-management (organization, affective, self-management) Skills**

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| **4 3 2 1** | Meet deadlines for short and long-term assignments |
| **4 3 2 1** | Keep and use a weekly planner for assignments |
| **4 3 2 1** | Bring necessary equipment and supplies to class |
| **4 3 2 1** | Keep an organized and logical system of information files/ notebooks |
| **4 3 2 1** | Understand and use preferred learning styles |
| **4 3 2 1** | Select and use technology effectively and productively |
| **4 3 2 1** | Practice strategies to overcome distractions |
| **4 3 2 1** | Demonstrate persistence and perseverance |
| **4 3 2 1** | Practice strategies to reduce stress and anxiety |
| **4 3 2 1** | Practice analyzing and attributing causes for failure |
| **4 3 2 1** | Practice positive thinking |
| **4 3 2 1** | Practice resilience |
| **4 3 2 1** | Practice dealing with disappointment and unmet expectations |
| **4 3 2 1** | Identify strengths and weaknesses of personal learning strategies |
| **4 3 2 1** | Asking questions: what don’t I yet understand? What questions do I have now? |
| **4 3 2 1** | Considering what you can do to be a more efficient and effective learning |