



Explore your Approach to Learning

for **Janet Pilkington**

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Hello Janet

Your footprint results suggest that you like to think deeply about a subject. You may prefer to check things out for yourself. You will reflect, analyse and naturally try to find out why things happen; this works well for you because that is when it really gets into your brain. You also appreciate clear explanations. Skills that you use naturally are listening and sensitivity. Indeed your successful career outcomes may happen by using those powerful qualities of listening and caring, combined with your natural need to understand and keep things running smoothly.

ACTIVITY 1: think of a time when you really felt deeply about a subject; what happened?

Your areas to work on should include setting goals and critical thinking; essentially skills that help you to make things happen! You could practice chatting openly about your learning which will help other people to learn from your experience; this means that you have to check things out and be able to summarise for them. Your results suggest that you have quite an analytical approach to learning; by that we mean that you take your time to decide, which can be very useful.

ACTIVITY 2: have you, however, ever run out of time to finish some work; what happened?

Could you have planned more carefully?

ACTIVITY 3: make a list of all the qualities that you think work best for you when you are learning new things...

<i>(we will start you off) careful, friendly, thorough,</i>

ACTIVITY 4a: list the things that you will need to work on which will make the best of your learning opportunities

ACTIVITY 4b: how will you build these things into your new approach to learning?

ACTIVITY 5: Q - does everyone learn like you do? A - no, they don't... so list some qualities that your friends have, which it might be useful for you to use

ACTIVITY 6: lastly, identify a support network that you can rely on when things don't work out; who do you turn to and how can they help you?
