

## Characteristics of Effective Learners

(adapted from Skip Downing's *On Course*)

| Effective Learners...   | Usually | Sometimes | Seldom |
|---|---------|-----------|--------|
| <b>DISPLAY A WILLINGNESS TO LEARN</b> , taking information taught and applying it in ways that are meaningful to them; expanding upon the information to make it fit into their interests and surroundings. |         |           |        |
| <b>SET GOALS</b> , knowing what they want to achieve, identifying they have to work on, seeing their progress toward each goal, and taking pride in achieving each goal.                                    |         |           |        |
| <b>ACCEPT SELF-RESPONSIBILITY</b> , seeing themselves as the primary cause of their outcomes and experiences.   |         |           |        |
| <b>DISCOVER SELF-MOTIVATION</b> , finding purpose in their lives by discovering personally meaningful goals and dreams.   |         |           |        |
| <b>MASTER SELF-MANAGEMENT</b> , consistently planning and taking purposeful actions in pursuit of their goals and dreams.   |         |           |        |
| <b>EMPLOY INTERDEPENDENCE</b> , building mutually supportive relationships that help them achieve their goals and dreams (while helping others to do the same).   |         |           |        |
| <b>DISPLAY INDEPENDENCE</b> , feeling comfortable in a learning environment that places emphasis on individuals taking responsibility for their learning process.   |         |           |        |
| <b>GAIN SELF-AWARENESS</b> , consciously employing behaviors, beliefs, and attitudes that keep them on course.  |         |           |        |
| <b>SELF-ADVOCATE AND COMMUNICATE</b> , taking responsibility for their learning by asking questions and voicing their confusion, frustration, concerns, absences, etc.                                      |         |           |        |
| <b>ASK QUESTIONS</b> , willing to ask for and accept assistance; realizing that there is always more to know.   |         |           |        |
| <b>DO NOT FRUSTRATE EASILY</b> , showing perseverance, resilience, and a willingness to work hard, make mistakes, and even fail; learning from setbacks.  |         |           |        |
| <b>ADOPT LIFE-LONG LEARNING</b> , finding valuable lessons and wisdom in nearly every experience they have.   |         |           |        |
| <b>DEVELOP EMOTIONAL INTELLIGENCE</b> , effectively managing their emotions in support of their goals and dreams.   |         |           |        |
| <b>BELIEVE IN THEMSELVES</b> , seeing themselves capable, lovable, and unconditionally worthy as human beings.  |         |           |        |
| <b>MEET DEADLINES</b> , turning in assignments on time and taking time to produce work that looks good and shows pride in their work.   |         |           |        |