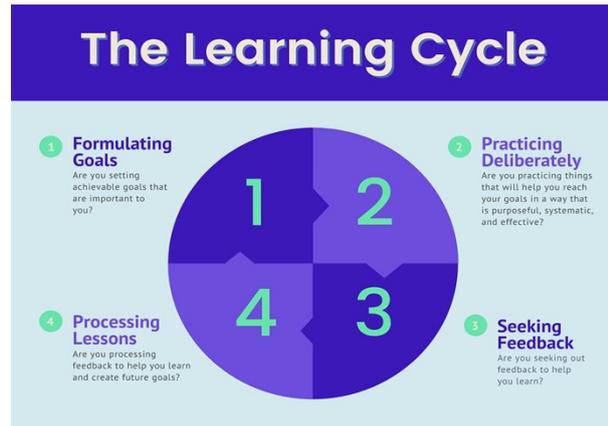


Learning Cycle Quick Guide

The learning cycle is TLM's model for how learning works most effectively: by setting goals, practicing deliberately, getting feedback, and processing the experience into lessons. Practicing these skills helps you to enhance your *self-regulated learning*: your emotional and cognitive ability to direct and manage your learning process. Self-regulated learning is essential to your enjoyment and success as a student, and the learning journal is a quick, easy, and fun way to practice it.



An easy way to practice the learning cycle is through journaling: keeping a personal diary that you use to document and reflect on your goals, plan the way you want to practice, and record and process feedback. We recommend a pen-and-paper-journal approach, but of course it's up to you how you design it. You decide what the structure of the journal is, and how you use it, so long as it includes at least four basic elements:

1. Goals

Whether it is at the start of a course, the beginning of a lecture or class session, or as you plan out how to tackle an assignment, you first set out specific learning goals for yourself. It is important that these goals are specific, as that makes it easier to evaluate them.

Ex. *I want to more attentively listen and engage with my peers' presentation*

2. Self-reflection

Before you receive feedback on your performance, you reflect on how you think you did for every goal.

Ex. *I found it very hard to concentrate because I have serious screen fatigue*

3. Feedback

Once you receive feedback, write down what you think are the main takeaways. If the feedback you got does not allow you to assess your goals or you are uncertain how to interpret the feedback, ask your professor (or classmates in case of a peer feedback assignment).

Ex. *the presenters told me that they appreciated my smiling and nodding, and were happy that I asked the first question quickly.*

4. Lessons

Reflect on the feedback and write down the lessons you learned. Ideally these are related to your goals, but they can also be broader lessons related to your learning process. You should be able to take these lessons to future classes and assignments.

Ex. *I struggle to be 'present' in class, and really engage with other students' presentations. It helps to switch off my phone and close all other apps, and it also helps to try and ALWAYS ask a question. Makes me focus.*



When you want to reflect on these four themes is up to you: every day, only around assessments, at the beginning and start of your course(s), or at some other interval. We recommend trying to build it into a daily journaling habit – but of course that type of journaling can encompass much more than just your learning journal. We also recommend making your journaling a social thing: plan time together with classmates or friends, write together, and talk about what you've written.