



Technical sheet for mentors



2. ADJUSTING MY MONITORING STRATEGIES

Mentorvention Phase	Dimension	Duration (mins)	Number of participants (min/max)
Extension meeting	Monitoring & Adapting	45 mins	2-5
Learning-2-Learn dimension elements	<ul style="list-style-type: none"> - Evaluating progress - Adapting strategies - Growing from mistakes - Attributing success to effort - Developing persistence, seizing opportunities, gaining access with help and over time 		
Tags	learn to learn, adjusting learning strategies, efficient learning, interview, dialogue, mentoring		

The aim of the activity

This activity aims to help the mentees ask questions that will help them adjust their monitoring strategies and make them more efficient self-directed learners.

The activity is based on Questions That Self-Regulated Learners Ask Themselves (adapted from Schraw, 1998 and Tanner, 2012)

Preparation

Print the handout

Application



UPSIM Mentoring Tool

Read the questions on the sheet, and have them discuss in the circle and write down their answers.

Direct link to the activity handout on the learning platform

<https://upsim.aidlearn.eu/en/>



Activity tool

Groups start by reading the first questions. Before answering, there will be a 1 minute of reflection time, where mentees note down their initial thoughts. Each mentee then shares these thoughts with the group. This can be the basis of a discussion about learning strategies.

Each person in the group thinks of a learning task that they gave themselves during the Application phase. (for example a challenge card) Talk about:

Monitoring - meta-cognition

Q: Did you feel like you knew what you were doing?

Q: Did your approach make sense for the task?

Q: Did you make good progress toward your goal?

Q: How focused were you? Did you get tired easily? Did you do anything to stay focused and alert?

Q: Did you change any strategies during the task? Why?

Q: What did you have trouble understanding?

Q: How did your thinking of the topic change?

Monitoring - meta-emotional

Q: When you lose interest in completing a task, what do you do? How did this help or hinder you?

Q: How can you use this in your next task, if you start to lose motivation?

Q: Do you think you lose motivation because you don't feel good enough? If so, what can you do to change these thoughts?

Q: Can you compare this activity to similar tasks, where you had a successful experience?

Monitoring - environment

Q: Did you try to change the environment to learn more? why/why not?

Q: Did you try to change your work environment, i.e. how/where you were sitting, temperature, noise levels etc.

Q: What distractions did you encounter, and how did you handle them?

Q: Did you take short breaks during the task, or did you get it done as fast as possible?

After the discussions, share your main takeaways with the group. What will you do differently for your future tasks? Write a letter to yourself, to highlight the areas where you would like to become more efficient and reflect on the strategies that you could use.