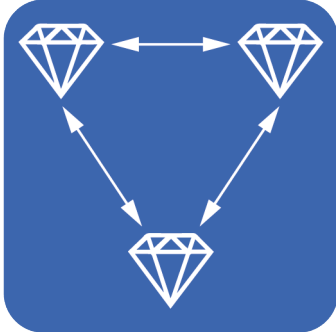




## Technical sheet



### 4. MY LEARNING DIAMOND

Activity Title	My learning diamond
L2L dimensions	<p><b>Self-awareness</b></p> <ul style="list-style-type: none"> <li>- What am I able to do?</li> <li>- What do I need to get better at?</li> </ul> <p><b>Initiative &amp; Ownership</b></p> <ul style="list-style-type: none"> <li>- Understanding my learning limitations &amp; possibilities</li> <li>- Taking responsibility for my own learning</li> <li>- Finding driving questions and analogies</li> </ul> <p><b>Engaging &amp; Management</b></p> <ul style="list-style-type: none"> <li>- Understanding my learning strategies and how they affect my learning</li> <li>- Select &amp; seek out resources available to me</li> </ul> <p><b>Monitoring &amp; Adapting</b></p> <ul style="list-style-type: none"> <li>- How did my approach change what I did?</li> <li>- Adapting what I do for future learning</li> </ul>
Activity summary	<p>Understand the link between thoughts and behaviour, in order to understand when your thoughts lead you away from learning. This activity helps you to identify and illustrate the interaction between your thoughts and your actions, as well as to analyse the feelings and emotions that affect your behaviour.</p>



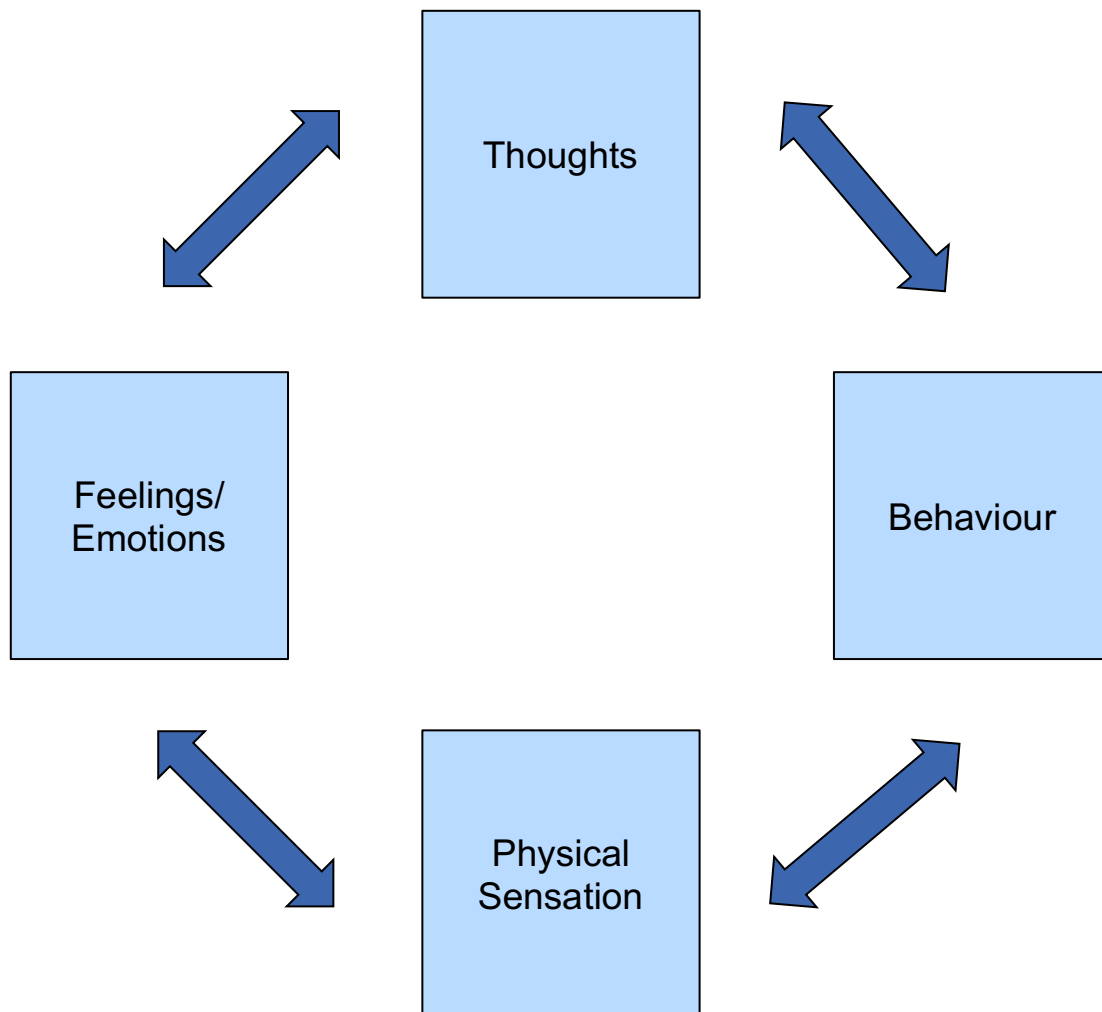


## Activity tool

Learn how to turn negative experiences into positive ones, and to grow from the positive!  
Understand the link between thoughts and behaviour, in order to understand when your thoughts lead you away from learning. This activity helps you to identify and illustrate the interaction between your thoughts and your actions, as well as to analyse the feelings and emotions that affect your learning behaviour. You can either print out the activity sheet or draw a similar diagram on a piece of paper/ notebook.

**Learning Situation:** (positive or negative)

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### **The positive one:**

Think of a situation when you have had a successful learning experience. Write the name of this learning situation as a title on your sheet.

Now follow these steps:

1. Fill in The Diamond (positive/negative situations)
  - What was the learning situation? (*i.e. irregular verbs lesson*)
  - What went through your mind? (*thoughts*)
  - How did it make you feel? (*feelings/emotions*)
  - What was your physical sensation response? (*sensation*)
  - How did it make you act? (*behaviour*)

Repeat this activity as many times as you can. Try to at least have 3 or 4 examples to work with. Once you have done this, study the diagrams, and find words to describe all your positive thoughts about you and your learning.

Write them down on a piece of paper.

*I.e. I really enjoyed learning when speaking with other people. I like to ask questions and be curious. I love to listen to other people when they speak, and repeat or copy them and get direct feedback on my pronunciation.*

Now use these positive thoughts to describe your core beliefs about. How do you see yourself as a learner?

*I.e. I am good at pronunciation. I am good at making connections with new people. I am capable of achieving anything if I plan ahead and set my mind to it. I can ask people for help when I need it. It's ok to not be an expert from the start, the learning process is fun and challenging.*

### **The negative one:**

Now fill in the diamond using examples of a negative learning situation. Think of a situation when you had the experience of failure or did not achieve what you wanted.

- What was the situation? (*i.e. I presentation in front of the class and I was corrected by the teacher*)
- What went through your mind? (*thoughts*)
- How did it make you feel? (*feelings/emotions*)
- What was your physical sensation response? (*sensation*)
- How did it make you act? (*behaviour*)

When you have filled The Diamond a couple of times with a few different negative learning situations, write all your negative thoughts about you and your learning:





*I.e. I really hate memorising grammar rules. I don't like feeling stupid. Grammar is boring. It's impossible to concentrate when I also have to find time to take care of my children/pick up from day care etc. I'm really tired after work, and the last thing I want is to study.*

Now use these negative thoughts to describe your core beliefs about yourself.

*I.e. I am bad at memorising grammar. I am bad at organising words and seeing structures. If I can't get rid of my accent, I can't become fluent. I'm too old to learn a new language.*

The way we perceive a given situation determines the way we feel. If we change the way we think, the feelings will change as well. The way we think determines our behaviour. IF you change the way you think, then you can change your behaviour. Sometimes we exaggerate the importance of a situation that creates negative consequences and holds us back from acting on them.

1. Challenging my negative thoughts
  - Is there evidence contrary to my thoughts? Give examples
  - If I ask a friend or others who know me, would they agree about my thoughts and beliefs?
  - What advice would I give others in the same situation?
  - Will this matter one year from now?
  - What do you think now after having answered one or more of these questions?
  - How does it feel to think in this different way and how does this energise you?
  
2. Based on The Diamond of Positive Learning Situations, look at the consequences based on the scenario you presented in the diamond.

Fill in the table below based on one of the positive events you described, what were the consequences for you or your surroundings and what were the thoughts that could have derived from this?

Positive learning situation	
Consequences; what happened as a result, either to you or your surroundings?	
Core belief; what do I tell myself to keep a positive mindset, and to motivate myself, when I'm struggling and finding it difficult?	

