



My Learning Power Journal

Complete one task every day!
Become a self-regulating learner,
boost learning power & take
control of your learning journey!



Name:



Sample



Group:



Introduction



The purpose of this daily journal is threefold:

1. To boost your **learning-power**: increasing your overall capacity for learning over-time.
2. To encourage you to be a **reflective learner** who constantly monitors and evaluates your approach to learning and problem-solving
3. To encourage you to be a **self-regulating learner**: who plans, improves and steers your own learning journey.

Throughout this journal you will be encouraged to regularly plan, monitor, evaluate and regulate your own learning journey!

Using the journal is simple:

1. Complete one task per day, each day of the week
2. Add a few details to the weekly mind-map each day
3. Once you've finished these main task: discuss your answers and the daily discussion questions with your neighbour.

Each daily discussion question is different and will help you to reflect on how to boost learning power!

Make sure you stay on task, think deeply about how the daily rubric can be connected to your current situation.



Be a Self-Regulating Learner: Take Control of Your Learning Journey!

"Self-regulation" describes a process of taking control of and evaluating one's own learning and behaviour. Self-regulated learning emphasises autonomy and control by you, the student, who monitors, directs, and regulates actions toward goals of learning, expanding expertise, and self-improvement"

The goal is simple: reflect deeply on how to improve, take control of your own learning journey, and make choices that will improve your ability to learn.



Being a Reflective Learner - The Metacognitive Cycle

During any learning or problem-solving activity in school you should use the metacognitive cycle to plan, monitor, evaluate and regulate your approach. 'Metacognition' means awareness and understanding of thought itself: fostering your ability to plan, monitor, evaluate and regulate your thoughts is an essential life skill that can boost your learning power significantly!

BOOST LEARNING POWER

Use the latest educational theories to become a more effective learner!

BIG IDEAS THAT BOOST LEARNING!

These are some of the latest ideas about how we learn best: try to connect them to your own learning journey and think about how they can help you to increase your learning power!



Self-Regulated Learning

Take control of your own learning journey and make changes to your life in order to be a more effective learner. Make changes in your behaviour, how you feel about work, and how you live your life so that you can boost learning power!

Metacognition

Thinking deeply about thought itself: metacognition is the aspect of self-regulated learning relating to thought (cognition). Learn to plan, monitor, evaluate and regulate your learning and understanding. Foster understanding of yourself as a learner and what works best in helping you to learn.

Growth Mindset

Growth mindset means seeing yourself and your mental abilities as always growing. According to a growth mindset, your intelligence and brain-power will naturally continue to grow over time: never see them as fixed and unchanging! Moreover, it is possible to boost brain-power through healthy living and brain-training activities! Keep on growing!

Independent Learning

Learning without depending on teachers, school or other people. To be an independent learner means generating your own lines of investigation and researching them yourself. If you can learn to educate yourself, nothing can stop you!

METACOGNITION

Thinking deeply about how you learn best

BIG IDEAS THAT BOOST LEARNING!

Try to keep these big ideas in mind whilst you complete this booklet. The aim of this booklet is to encourage metacognition and boost self-regulated learning: boosting your learning power!



Learning Power

Your learning power is your overall ability to learn. Learning power is driven both by mental faculties (such as intelligence, ability to concentrate, and memory) and skills that you can learn and develop (for example mind-mapping and listening skills). Learning power can be improved over time.

Active Learning

'Active learning' is when you learn by doing. The opposite of active learning is passively listening. Research has found that you learn much more when you get involved & participate!

Learning Styles

The idea that everyone has different styles of learning: it's important to learn and understand what works best for you as an individual - especially when planning revision strategies!



Monday

Today's Task: Write down your targets for the week ahead - focus on the subjects you're struggling with the most lately...

Date:



Today's Post-Task Discussion Question: "Why is target-setting important?"

Tuesday

Today's Task:

Write a single word in each space to respond to each prompt: don't repeat any words!

My attitude to learning lately...

My emotional state in lessons...

My behaviour in lessons recently...

Words that describe my strengths...

Words that describe my weaknesses...

My state-of-mind today...

Discussion Question: "To what extent have you changed your learning habits over time?"

Wednesday



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Thursday

Today's Task: Draw a picture, sketch, symbol or icon to represent each idea...
[Think carefully before starting; you may wish to use a pencil for this task]



How this week
is going

My biggest
success so far

One obstacle
I am facing

How I can
boost learning

One thing I'll
do differently

Today's Post-Task Discussion Question: "How do lifestyle choices impact one's ability to learn?"

Friday

Today's Task: Indicate whether you agree or disagree with the following statements.
Once you're finished, compare and discuss your answers with your neighbour...

	AGREE	DISAGREE
I worked as hard as I possibly could this week and genuinely did my best		
I struggled to find motivation and energy this week which held me back		
I learnt a lot this week		
I can identify gaps and weaknesses in my understanding of this week's learning		
I behaved well in lessons this week and didn't disrupt other students' learning		
I submitted homework this week that was of the highest possible standard		
I made good progress this week		
I can identify two ways in which I can improve my performance next week		
I was held back by obstacles outside of my control this week		
I found my moods and emotions to be a distraction from learning this week		
I know how to boost my learning-power over the coming weeks		
I understand my targets for improvement in different subjects		

Today's Post-Task Discussion Question: "How might meditation make one a more effective learner?"

Extension

Weekly Mind-Map Task: Add new ideas every day in response to the question...
"What is the best way to improve one's ability to concentrate over time?"



Monday

Today's Task: Identify three obstacles to learning you will face this week and devise a plan in order to overcome them...

Date:



Today's Post-Task Discussion Question: "How can a student reduce distracting thoughts in lessons?"

Tuesday

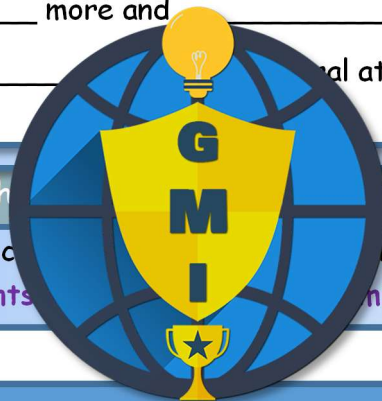
Today's Task:

Fill in the gaps with the most appropriate and accurate words!

So far, this week is going _____; I feel _____, _____ & _____.
One thing that is helping me to learn right now is _____ and my use of _____
whilst an obstacle I face is my habit of _____ and inability to _____.
If I increase my _____ and decrease my _____ I will learn more effectively.
I would describe the quality of my work in lessons as _____ - I can improve it by including
more _____ and _____. I would probably have a better state of mind for
learning in school if I _____ more and _____ less. I would describe my current
rate of progress in school as _____. My current attitude to learning is _____.

Today's Discussion Question: "To what extent does a healthy body lead to a healthy mind?"

Wednesday



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Thursday

Today's Task: Draw a comic book sketch depicting the story of one student's journey from underachievement to success: show how they became an effective learner.



Today's Post-Task Discussion Question: "How can negative beliefs about oneself reduce learning power?"

Friday

Today's Task:

Answer each question with a single word.... [don't repeat any answers!]

How would you describe your behaviour in lessons this week?

How would you describe your rate of progress in school this week?

In which subject do you need to improve the most?

How did you generally feel when in school this week?

How would you describe the quality of your written work this week?

Of the topics you studied: which was the hardest to fully understand?

In which subject did you do best this week?

Today's Post-Task Discussion Question: "Why is it useful to be able to do 'mental maths'?"

Extension

Weekly Mind-Map Task: Add new ideas every day in response to the question...

"What are your strengths & weaknesses as a learner?"

SAMPLE



Monday

Today's Task: Write down your targets for the week ahead - focus on the subjects you're struggling with the most lately...

Date: _____

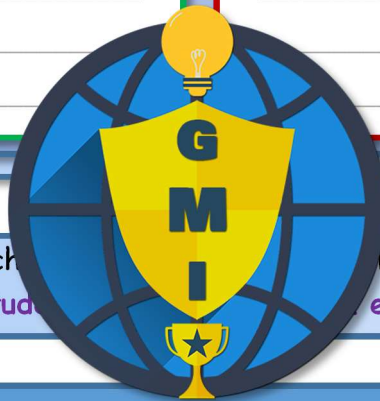


Tuesday

Today's Task:
Indicate your good habits and bad habits when it comes to learning and school...



Wednesday



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