

Form learning habits

EXERCISES & WORKSHEETS





**“We are what we repeatedly do.
Excellence then, is not an act,
but a habit.”**

-Aristotle

What is it?

The following 3 reflection worksheets¹ will help you to reflect on what and how you are learning at the beginning, middle and end of each course.

Why do it?

- Help to form new good habits
- Bring you closer to your goals
- Reduce wasting time
- To replace a bad habit

What it contains?

- Reflection card x 3
- Exercise worksheet x 3

What you need?

- Pen and paper / notebook
- Habit tracking calendar
- Put your plan into actions!



Scan to read article:
"How to form new habits through reflection",
learn the secrets of forming habits.
(URL link: <https://www.centre4innovation.org/stories/how-to-form-new-habits-through-reflection/>)

I.

Beginning of the course

Spending some time reflecting on how you plan to study during a course or semester improves your learning outcomes (Tanner, 2012). Ask yourself the following questions at the beginning of each course. Come back to your your answers in the middle and end of the course.



- ◆ What strategies will I use to study?
- ◆ How much time am I going to spend on this course and when?
- ◆ Given my current knowledge and skills, which topic do I want to spend more or less time on?

WORKSHEET

DATE: ___ / ___ / ___

What strategies will I use to study?

How much time am I going to spend on
this course and when?

Given my current knowledge and skills, which topic
do I want to spend more or less time on?

More time on:

Less time on:

II.

Middle of the course

Now that you are halfway through the course, reflect on your learning process so far and to adjust it if necessary. Ask yourself the following questions and review the reflection worksheet 'beginning of the course'.



- ◆ Do I systematically pay attention to the course?
- ◆ Do I use the learning resources that are available?
- ◆ Do I have trouble motivating myself to get started with the course?
- ◆ What insights have I gained so far and how?
- ◆ How am I going to get the answer to questions or uncertainties I still have?

WORKSHEET

DATE: ___ / ___ / ___

Do I systematically pay attention to the course?

Do I use the learning resources that are available?

Do I have trouble motivating myself to get started with the course?

What insights have I gained so far and how?

How am I going to get the answer to questions or uncertainties I still have?

III.

End of the course

Now you are (almost) done with this course, spend some time reflecting on your learning strategies. Ask yourself the following questions and identify what habits and behaviours might help you in future courses.



- ◆ What worked well?
- ◆ What did not work well?
- ◆ How do I want to do it differently?

WORKSHEET

DATE: __ / __ / __

What worked well?

What did not work well?

How do I want to do it differently?



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