

Learning-power muscles

The Learning-Power Dispositions

Resilience

The emotional aspects of learning

Feeling

Resourcefulness

The cognitive aspects of learning

Thinking

Reflectiveness

The strategic aspects of learning

Managing

Reciprocity

The social aspects of learning

Relating

The Learning-Power Capacities

Absorption

Being able to lose yourself in learning – becoming absorbed in what you are doing; rapt and attentive, in a state of 'flow'.

Managing Distractions

Recognising and reducing distractions; knowing when to walk away and refresh yourself. Creating your own best environment for learning.

Noticing

Perceiving subtle nuances, patterns and details in experience.

Perseverance

Keeping going on in the face of difficulties, channelling the energy of frustration productively. Knowing what a slow and uncertain process learning often is.

Questioning

Asking questions of yourself and others. Being curious and playful with ideas – delving beneath the surface of things.

Making Links

Seeing connections between disparate events and experiences – building patterns – weaving a web of understanding.

Imagining

Using your imagination and intuition to put yourself through new experiences or to explore possibilities. Wondering *What if ...?*

Reasoning

Calling up your logical and rational skills to work things out methodically and rigorously; constructing good arguments, and spotting the flaws in others'.

Capitalising

Drawing on the full range of resources from the wider world – other people, books, the Internet, past experience, future opportunities ...

Planning

Thinking about where you are going, the action you are going to take, the time and resources you will need, and the obstacles you may encounter.

Revising

Being flexible, changing your plans in the light of different circumstances, monitoring and reviewing how things are going and seeing new opportunities.

Distilling

Looking at what is being learned – pulling out the essential features – carrying them forward to aid further learning; being your own learning coach.

Meta-learning

Knowing yourself as a learner – how you learn best; how to talk about the learning process.

Interdependence

Knowing when it's appropriate to learn on your own or with others, and being able to stand your ground in debate.

Collaboration

Knowing how to manage yourself in the give and take of a collaborative venture, respecting and recognising other viewpoints; adding to and drawing from the strength of teams.

Empathy and Listening

Contributing to others' experiences by listening to them to understand what they are really saying, and putting yourself in their shoes.

Imitation

Constructively adopting methods, habits or values from other people whom you observe.