

## Reflections on Learning - Video transcript

Before we get into the trade mark matters, I'd like you to stop there for a moment and reflect on your learning so far - learning in general and learning foreign languages in particular.

There are more than six weeks of working together ahead of us and I'd like to get to know you also from the learner side and find out:

*What kind of learner are you?*

*What you know works and what doesn't work for you?*

*How/when/where do you learn best?*

*What strategies do you use to learn vocabulary? Do you find them effective?*

To answer some of these questions more fully I will refer you to self-assessment tests on learning preferences which can be found on-line. There are various theories and plenty of resources on learning styles, learning preferences or strategies (and also quite a lot of controversies around them...). The bottom line is that we are different in how we learn things and what works perfectly for one person may be not so good for another. Whatever typologies of learning styles you look at later, remember that we are hardly ever ONE type but normally we are a combination of various types, with some maybe coming more into the foreground.

When you take time to explore the resources a little, see where you can recognize yourself in the descriptions and which are definitely unlike you. The point is not to approach the tests in order to put a label on yourself, but to use these different ideas as a starting point for reflection on yourself as a learner. It may be that the test results will suggest something you will totally disagree with and ... that's OK. Then you can tell yourself and me why you disagree with them and justify your opinion.

I hope that these questionnaires will not only give you food for thought but will also be a source of inspiration for you to try out some things that maybe you haven't done before to see if they could be something for you. For example, a different way of recording vocabulary, a new technique to help you remember phrases, etc. Experiment a little over the next few weeks! :) You've got nothing to lose.

Maybe you're stuck in the old ways of how to study which you got out of our school system experience years ago. Maybe these old ways are effective and you don't feel the need to change anything. Fine.

But maybe they're not. Maybe years of studying something and still not learning it, still forgetting is a sign that there is space for improvement... Learning is a skill and as any other skill it can be developed. In my formal education experience I knew WHAT to learn but was never told HOW to learn - I never had a single class on learning to learn. Did you?

It's never too late! :) We're now in the 21st century and the 21st Century Learning revolution is under way and it's all (OK, not ALL but A LOT) about developing skills, consciously.

The course material will be presented in different formats so you will experience a variety of input, which will cater for various learning preferences at the same time. What happens in between the lessons and off-line, however, is very much in YOUR hands.

My aim is to equip you with ideas and resources so that you can make the best of this experience! I as the course instructor will guide you, coach you, facilitate things for you or teach you, but only YOU can LEARN the stuff.

So how do YOU learn best? What's your style - in other words: how do you perceive, organise and process information?

*Source: LEXICON training & coaching*