Please take a moment to consider the following questions which we hope will help you consider learning as an integral part of teaching, what helped you to learn will likely also help your students to learn. (Conduct the exercise with your students and compare the results with your own thoughts and those in the literature) **(Guide – short honest answers)**

Think of something you are really good at (a hobby, sport etc). No need to say what it is, you can think of more than one thing if you wish.

How did you become really good at it? List anything you can think of that helped make you really good at it.

How do you know you are really good at it? List all the evidence you have that you are really good at it.

Do you think these methods and approaches that helped you become an expert in something could also work for your students? Please elaborate.

**Tip**: In a classroom setting try this out with your students, consider creating a ‘word cloud’ and seeing what are the most common answers. A good option for doing this anonymously is using an ‘Audience Response Software’ such as Poll everywhere or Mentimeter for example

<https://www.mentimeter.com/features/word-cloud>

<https://blog.polleverywhere.com/word-clouds-for-open-response-audience-activity/>