

Self-reflection: My learning day

Individual work: Please think of a "normal" learning day and answer the following questions in bullet points. This task serves your own self-knowledge and there is no "right" and "wrong".

Take 15 minutes for this, after that you will exchange your answers with your partner

1. How and where do I waste most of my time? (When it comes to procrastination)

2. What do I really enjoy "wasting" time on?

3. How satisfied am I with my learning progress in general? Scale 1 - 10

1 2 3 4 5 6 7 8 9 10

4. What do I miss in my daily learning routine in order to progress even more?



5. What can I do when I face a challenging situation on my learning day? What can I change?

6. What motivates me about what I am learning / about this course?

7. How can I motivate myself for the learning day?

8. What are my achievements so far?

What tips and suggestions do you take away from your conversation with your partner?



