

DCI - Digital Career Institute gGmbH Telefon: +49 (0) 30 364 286 190 E-Mail: berlin@digitalcareerinstitute.org www.digitalcareerinstitute.org

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?

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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?



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