**Learning Journal #1**

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Learning Journal #1

The main personal theme of my first learning journal is practicing a growth mindset. As a person, of an age, I have a fixed frame of mind about some things. It is sometimes a challenge for me to stay humble and open minded about things I feel strongly about. However, Bruce Lee said, “Empty your mind, be formless, be shapeless,” (Lee, 1971). I believe that to learn new things, even in areas where I’ve got some experience already, I need to let go of fixed areas of my mindset and engage with the learning process from a place of formlessness.

Week 4 Entry: Active Listening

In week 4, we learned that listening can be defined as “the process of receiving, constructing meaning from, and responding to a spoken message.” These processes happen face to face and as we take notes, so in this journal I reflect on my note-taking method and a listening skill that I think needs improvement.

Note Taking

In class, we learned that students who write notes during lectures achieve higher grades and are more likely to remember key facts when tested later.

In Class

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Week 5 Entry: Reading

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Subtopic

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Subtopic

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Conclusion

F

References

Lee, B. (1971, 9 12). The Pierre Berton Show (The Mandarin Superstar). (P. Berton, Interviewer) YouTube. Calpeper Minutemen, Hong Kong.