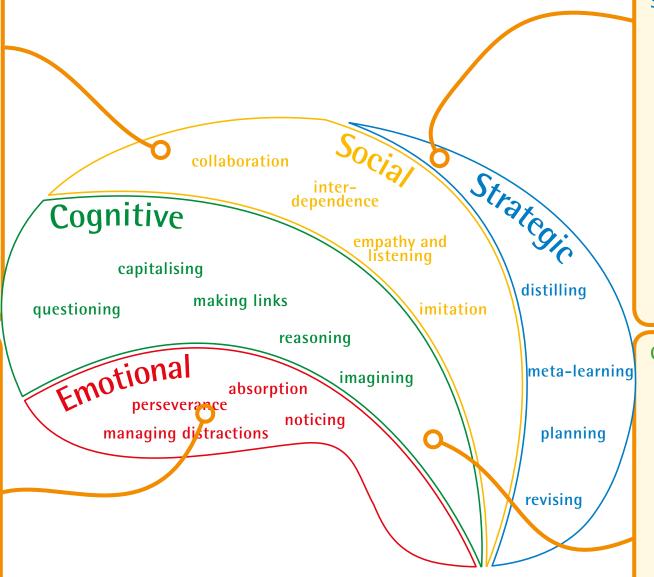
## **Social**

- Interdependence: balancing self-reliance and sociability
- Collaboration: the skills of learning with others
- Listening/Empathy: getting inside others' minds
- Imitation: picking up others' habits and values

## **Emotional**

- Absorption: flow; the pleasure of being rapt in learning
- Managing distraction: recognising and reducing interruptions
- Noticing: really sensing what's out there
- Perseverance: stickability; tolerating the feelings of learning



## **Strategic**

- Planning: working learning out in advance
- Revising: monitoring and adapting along the way
- Distilling: drawing out the lessons from experience
- Meta-learning: understanding learning, and yourself as a learner

## Cognitive

- Questioning: getting below the surface; playing with situations
- Making links: seeking coherence, relevance and meaning
- Imagining: using the mind's eye as a learning theatre
- Reasoning: thinking rigorously and methodically
- Capitalising: making good use of resources