

The 5Rs of Learning

Readiness



Readiness shows in your motivation and curiosity. You have the belief that you can achieve and that you deserve to be successful.

I can do it. I want to learn. I will succeed. We also think about the need to be physically ready to learn; getting plenty of sleep and exercise, drinking water and eating healthily.

Resilience



Resilience shows in keeping going, trying again and managing your feelings about learning and the people you are learning with.

I can keep going and stick at it. I can concentrate. I can try another way. I can try again. I can come back later and carry on. I like to be challenged. I don't give up.

Resourcefulness



Resourcefulness is characterised by learning with and from others, learning creatively in different ways, being flexible, applying what you've learned.

I can find and use information. I can learn from others. I can make choices. I can use skills I have already learned. I can try another way. I can take time to think and chose.

Reflectiveness



Reflectiveness shows in looking back, improving your learning and practising.

I can talk through what I did. I can share my work with others, how it went and what I learned. I can evaluate my work. I can see how to improve next time. I can think about what I want to learn next. I see the links between the different things I have done and learned.

Responsibility



Responsibility shows in your self awareness in learning, taking ownership of your learning and being able to work alongside others.

I can get on with my work without making a fuss. I can work on my own. I can work and learn with others. I get my homework done on time. I can set my own targets.