

Readiness	Relationships with others	Resourcefulness	Resilience	Remembering skills	Reflectiveness
I can settle quickly back into learning after an interruption	I can learn with others and respect their points of view	I can look for evidence	I am not put off when I am stuck	I can remember what I have learnt and use my learning in a new situation	I am interested in how to get better at learning
I am aware of possible distractions and try to reduce them	I have my own ideas whilst working with others and am willing to share them	I can suggest what might happen and come up with my own ideas	I can tolerate apprehension, frustration and confusion without getting upset	I can use old skills in new situations	I can think about how things are going and make a comment
I can talk about conditions that help me learn	I can develop my ideas by picking up on the ideas of others	I can create a logical argument	I know that learning can be a struggle	I can talk about what I have learnt	I can talk about the skills I need to help me learn
I am confident in a range of situations	I can listen carefully and talk about the feelings and thoughts behind someone's words	I can spot flaws in other people's arguments	I keep going despite difficulties	I can learn from past experiences	I know what I am good at and what I need to do to improve
I am able to support others	I can summarise the main points someone has said	I can make connections between ideas and experiences	I find ways to overcome difficulties		I can be flexible and change my plan when I have had a better idea
I take responsibility for my own actions	I can respond appropriately to others and manage my feelings when working in a group	I can be curious and ask questions about things and people	I can be patient and look for detail which may take time to emerge		I am proud of what I have learnt
I can concentrate and focus	I know when to work with others to help me learn	I can use my memory to make an analogy that helps to work out something complicated	I can be really interested in what I am doing		I can assess the resources I need for my learning and estimate how long it will take me
I have positive self esteem	I can notice how others do things and learn from them	I can learn from many different sources e.g. people, books, experiences			I can think about my learning experience and decide what would help me learn next time